MENTAL ALCHEMY

C. C. ZAIN

THE BROTHERHOOD OF LIGHT

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THE INNER NATURE OF POVERTY, FAILURE AND DISEASE

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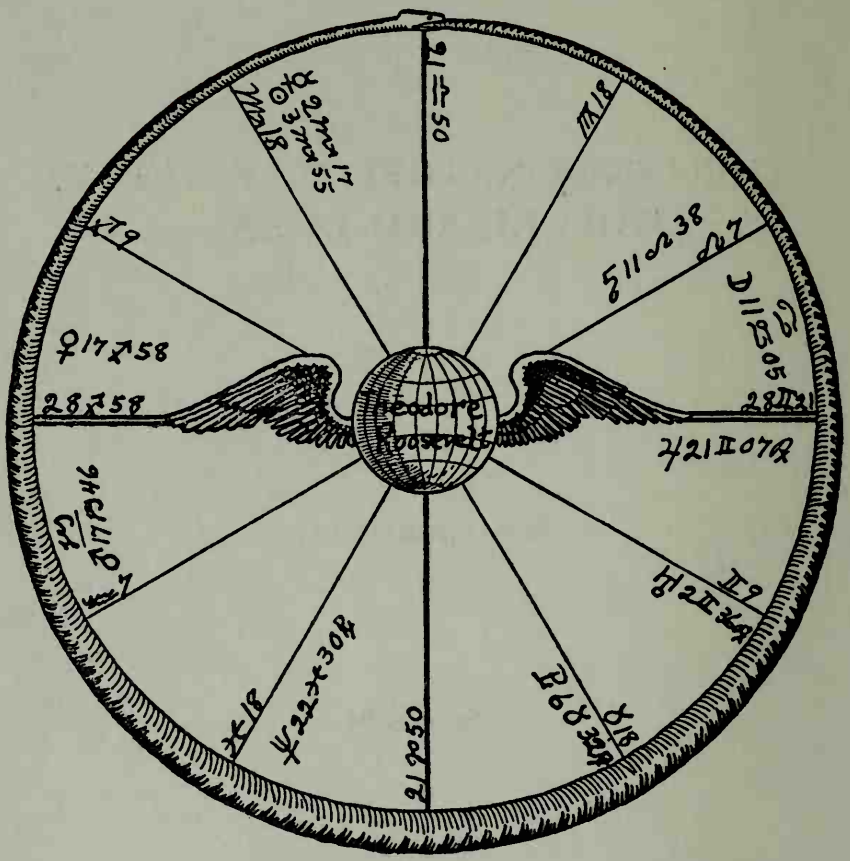
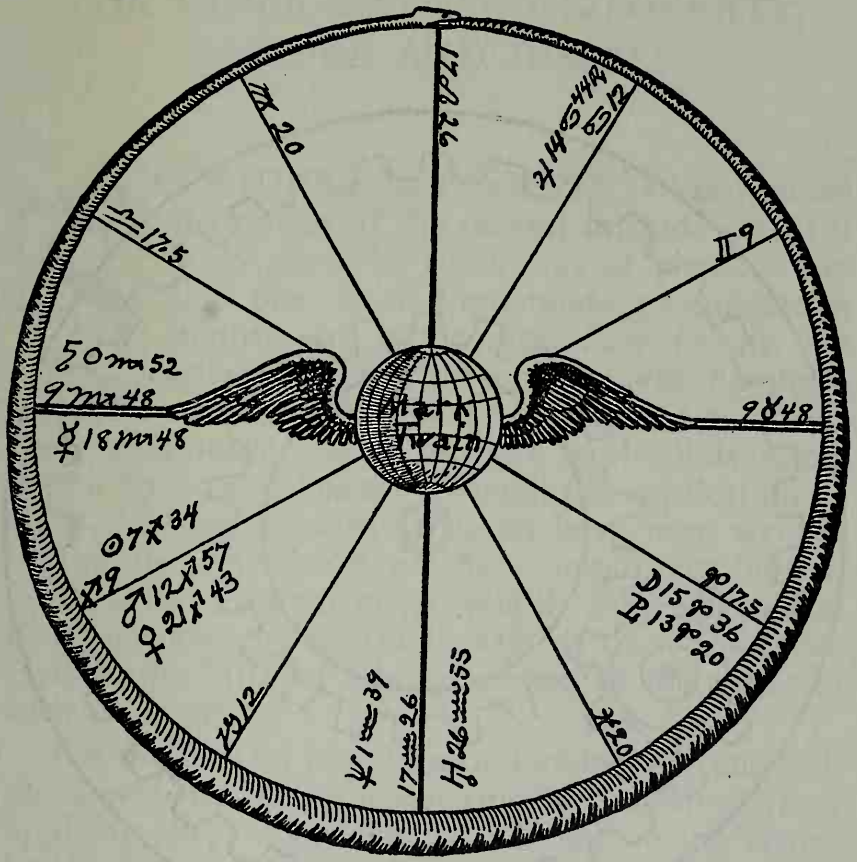


THEODORE ROOSEVELT, October 27, 1858, 10:58 a.m., L.M.T. 74W00 40N43.

Early physical inferiority (Sun opposition Pluto) and weak eyes (Moon opposition Mars) developed an inferiority complex. His father (Pluto in 4th) was his ideal, fighting for the people (Pluto sextile Moon) against predatory interests (Mars opposition Moon). He compensated by learning to fight and by dangerous exploits (Mars in 1st); and in realizing the father image became an authority on natural history (Sagittarius Asc.), on naval (Mars) matters, and rose to the top in literature (Mercury in 10th) and as U. S. president (Sun in 10th).



MARK TWAIN, November 30, 1835, 4:45 a.m., L.M.T. (time largely speculative), 92W00 39N30.

Early physical inferiority (Saturn conjunction Asc.?) developed an inferiority complex. Fear of an avenging deity so strongly impressed his young mind that he ever shunned danger, even when he attacked convention (Uranus in 4th). As a boy he found superiority through his wit (Moon conjunction Pluto, trine Mars; Mercury square Uranus) and he compensated by attaining pre-eminence in humorous writing.

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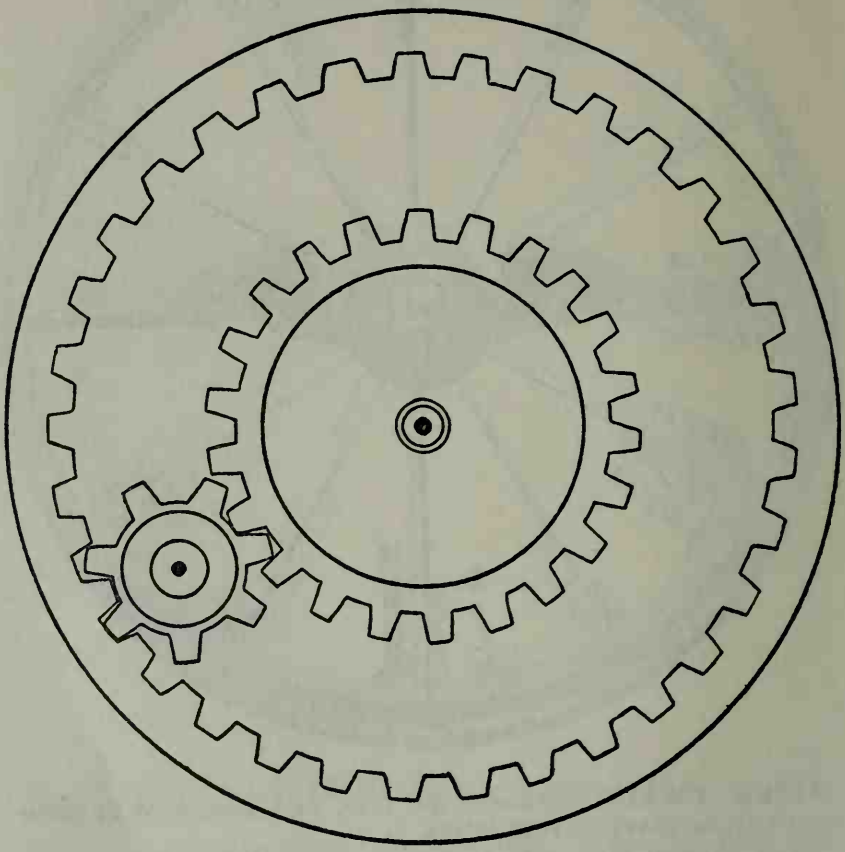

THE INNER NATURE OF POVERTY, FAILURE AND DISEASE

O WIDELY RECOGNIZED has become the power of the mental attitude markedly to alter the conditions of physical life that one can find outstanding examples in almost any community. Few people are unacquainted with someone who has been cured of a bodily complaint, who has overcome a domestic trouble, or who has rapidly remedied a financial deficiency through the application of right thinking. Dozens of books have been written on the cure of poverty, on the triumph over failure, and on the attainment of wealth through mental methods; and the enormous sale of these books attests to the faith of a large section of the public in such doctrines.

Yet the careful investigator looking for unprejudiced evidence of the advantages to be derived from applying these doctrines can not help being struck by the fact that there are quite a number who claim to have followed rigorously the prescribed method who have received no benefit whatsoever.

Nor when we stop to think of it, could we expect anything else. No two people are the same, either in appearance, in the chemistry of their physical bodies, or in the thought structure of their astral forms. Every individual, being different from every other individual, presents a separate and individual

problem. Yet in the popular methods of mental healing and spiritual healing—to mention but two of the names given to what is essentially the same process—the identical prescription is given to all who suffer from the same disease.

When it is considered how widely people vary one from the other, the wonder is that those who treat themselves, and those who give others absent treatment, have the amount of success they do from applying such happy-go-lucky methods. The undeniable fact that so many good results are obtained from haphazard procedure suggests wonderful possibilities for correcting human ills when right-thinking is applied in a truly scientific manner.

Physical foods, sunlight, rest from exertion, bathing and other material remedies can be applied scientifically and with best results only when there is detailed knowledge of the idiosyncrasies of the individual who is to be treated. The Battle Creek Sanitarium, for instance, by experimental checking has found that there is no single article of human diet which is not poisonous to some individuals. The nerves of other persons can stand very little sunlight. Only a little bathing exhausts the vitality of others. And the matter of assimilation the experimental biologist sums up thus:

"The chemical elements of the outer world act on each individual in different ways, according to the specific constitution of his intestinal mucosa."

Now the mind is an organization of thought-cells and thought structures in the astral body. It is nour-

ished and built up by the experiences that it assimilates. Yet even as biologists find that the physical human body reacts according to the individual's special chemical composition and physiological adaptations; so we may be sure that the four-dimensional body, the organization of which constitutes the soul, the character and the mind, will react to a given thought or to a given thought treatment, not according to some rigid universally applicable standard, but according to its own special composition of mental elements, their combination, and the conditioning processes to which their past has subjected them.

If we are to attain to uniformly satisfactory results in the application of mental treatment either to ourselves or to others, we must have a detailed knowledge of the physiology of the unconscious mind, that is, of the astral body. We must learn how the mental chemistry of one person differs from that of another, and what effect will be produced by adding to it thought food of a particular kind in the process of mental treatment.

All Thought-Elements Are Built of Reproductive Desires and Nutritive Desires.—As set forth in Course V, the unconscious mind, character, or soul, is the organization in the astral body. It is composed of psychoplasm, even as the physical body is composed of protoplasm and its secretions.

This psychoplasm, even as is true of the physical protoplasm, is composed of elements combined in compounds. All the thought-elements comprised in the psychoplasm of the astral body are, in turn, built up of the two primitive desires, the Nutritive Desire

and the Reproductive Desire, which in turn are the negative and the positive expression of the Desire for Significance. That is, even as all 92 chemical elements are built up of electrons and protons, so are all the thought-elements built up of Nutritive Desires and Reproductive Desires.

Experiences and the accompanying states of consciousness organize the psychoplasm into cells—four-dimensional stellar-cells—which are analogous to the cells of the physical body. And these stellar-cells, or thought-cells as they also are called, are further grouped by the conditioning process of feeling into stellar structures. The cells and structures of the four-dimensional body are called "stellar" because the four-dimensional substance of which they are composed is readily acted upon by planetary energy, and the word astral means pertaining to a star. But, as to become efficient in the use of thought for healing purposes we must have detailed knowledge of the four-dimensional body, before we discuss these more complex mental factors we should become familiar with the thought-elements.

Psychoplasm Is Built of Thought-Elements.—The chemistry of today classifies matter into 92 distinct elements. Each of these elements is given an atomic number, originally determined by its weight and only recently discovered to correspond to the number of electrons revolving, planet-like, around the nucleus. The nucleus of an atom consists of positive charges of electricity. The electrons are negative charges of electricity. And when I say that the atomic number of a chemical element represents

the number of electrons, I mean that as Hydrogen is number 1 in the atomic table it has one electron revolving around its nucleus, as Helium is number 2 in the atomic table it has two such revolving electrons, as Lithium is number 3 it has three such revolving electrons, and so on up through the known elements to Uranium, which has 92. It is this number of electrons revolving like planets outside the nucleus which determines the chemical properties of the element.

Now we know that all the thought-elements are composed of Nutritive Desires and Reproductive Desires in a four-dimensional arrangement somewhat corresponding to the arrangement of the electrons and protons comprising the three-dimensional chemical elements. But we are not at present in a position to say in terms of valance or number how many units of Negative Desire are making their revolutions about the nucleus of Reproductive Desires in any of the mental elements.

The elements of chemistry are commonly arranged in a periodic table, which—even as once there were only seven planets known—when first formulated classified all the elements under seven groups; the elements of each group, or family, having properties in common. Then the original table of Mendelejeff was widened to embrace eight families, and finally, as the result of new discoveries was brought up to nine families. "Essentials of Chemistry," by John C. Hessler, Ph.D., assistant director Mellon Inst., Pittsburgh, and Albert L. Smith, Instructor in Chemistry, the Englewood High School, Chicago, pub-

lished in 1920 gives 9 families. This also was the number of astrological planets then known. But the discovery of Pluto in 1930 now gives the Sun 9 known planets, or ten astrological orbs.

In that text-book of chemistry, and in other late ones, the elements not only group themselves into families, but there is a division of each family into 12 series, or compartments, that show the properties of each family when these are exhibited by an element at different heights in the scale of atomic weights.

The time may come when it will be possible to say that a thought-element belonging to a certain family and to a certain series corresponds to the element hydrogen, another thought-element corresponds to nitrogen, and so on throughout the entire range of the 92 chemical elements. But such effort is as yet premature. Yet we do know that the thought-elements arrange themselves into 10 distinct families which correspond strictly in vibratory quality to the vibrations of the 10 planets. And we know quite definitely from much experimental work in our Research Department, that a thought-element corresponding to any one of the 10 families can express with a resonance which relates it definitely to one of the 12 zodiacal signs.

The feeling, I AM, gives any thought, whatever its family, a resonance and therefore a trend of activity quite different from that given it by the feeling, I HAVE, the feeling, I THINK, the feeling, I ANALYZE, or any one of the other 12 in the series. The type of activity of any thought family,

its essential vibratory rate, is retained no matter to which one of the series of 12 it belongs. But the method employed in its activity is determined by the one of the series to which its particular resonance relates it.

In lesson No. 40 I have shown that all physical substance is inter-penetrated by astral substance, and that there is a continuous interchange of energy between these two substances through the ability of each to impart motion to the ether. In lesson No. 52 I have shown, further, that a thought is an organization of astral substance. And in lesson No. 53 I have explained that intelligence in some degree inheres in all substances. In further corroboration of this view I can cite the "N-Ray" researches of the eminent French scientist, M. BeQueerl, and the scientific experiments of Jagadis Chunder Bose, Professor Presidency College, Calcutta.

In his book, "Response in the Living and the Non-Living," Professor Bose shows that a bar of metal is irritable and sensitive somewhat like the human body, and that it may be poisoned or killed much as may a human being. His extensive experiments with plants are given in a volume entitled, "Plant Response." In regard to such response he says in his communication to the Royal Society, May 7, 1901:

"An interesting link, between the response given by inorganic substances and the animal tissues, is that given by plant tissues. By methods somewhat resembling that described above, I have obtained from plants a strong electrical response to mechanical stimulus. The response is not confined to sensitive

plants like Mimosa, but is universally present. I have, for example, obtained such response from the roots, stems, and leaves of, among others, horse-chestnut, vine, white lily, rhubarb, and horse-radish."

His later experiments, including those with animal tissue are described in his volume, "Comparative Electro-Physiology," from which I quote the following:

"Experiments have been described showing that the response of the isolated vegetal nerve is indistinguishable from that of animal nerve, throughout a long series of parallel variations of conditions. So completely, indeed, has that similarity between the response of plants and animals, of which this is an instance, been found, that the discovery of a given responsive characteristic in one case has proved a sure guide to its observation in the other, and the explanation of a phenomenon under the simpler conditions of the plant, has been found fully sufficient for its elucidation under the more complex circumstances of the animal."

The reason a living bar of metal, a living plant and a living animal or a living man gives responses to stimuli that are similar, except in degree of complexity and degree of intensity, is that the reaction of any life-form to an environmental condition is determined by the manner in which the desire energy of the thought-cells in its astral body has been conditioned.

Thought-Elements Are the Only Food the Astral Body Can Assimilate.—Every living thing possesses an astral body. This astral body has been built by the

states of consciousness the various life-forms have experienced, through which the evolving soul, or unconscious mind, has passed thus far in its evolution. That is, as the experimental work just cited proves, all living things, even rocks so long as they are alive, are capable of some degree of feeling. It is this feeling acquired through past experiences that enables the form to respond in the manner it does, no matter how slight the degree, to changes in its environment. The feeling is a state of consciousness. And it is built into the stellar-cells of the astral body of the life-form as a tension, or desire, which conditions, or gives direction to, responses to similar situations in the future.

The life-form of every living thing thus possesses an unconscious mind, or soul, which is the organization in the astral body of the total experiences through which the soul has passed up to that stage. The astral body of any life-form is a thought-built body; states of awareness being the only food that can be assimilated by the four-dimensional form. Using the word thought in its more general significance to include any feeling, or state of awareness, each experience builds thought-elements thus into the astral body.

These thought-elements, as already indicated, belong to 10 different families which may have trends indicated by 12 different series. The series to which a thought-element belongs determines, when it is assimilated, to which zone of the astral body it will move. If it belongs to the I AM (1st) series it moves to the zone represented by the head. If it belongs to

the I HAVE (2nd) series it moves to the zone represented by the throat. If it belongs to the I USE series (10th) it moves to the zone represented by the knees. For although head, throat, knees and feet are not actually present in the lower forms of life, nevertheless, their astral bodies have corresponding zones.

Assimilated Thought-Elements Move to the Proper Compartment.—Now bear in mind that there is an additional dimension on the four-dimensional plane. Thus also, in addition to 12 zones in the astral body, which have affinity with the 12 zodiacal signs, the astral body has 12 distinct compartments. Each compartment has an affinity with one department of life—that is, with health, with means of acquiring sustenance, with home and shelter, with offspring, with illness and work, etc. And the thought-elements of an experience when they enter the astral body are added to the psychoplasm of the particular compartment relating to their source of origin. If the experience relates to means of acquiring sustenance, such as money in a human experience, the thought-elements thus acquired are built into the structure of the 2nd compartment of the astral body. If the experience relates more directly to food, it is built into the structure of the 6th compartment of the astral body. Or if it has to do with a secret enemy or sorrow, it is built into the 12th compartment of the astral body.

Yet thought-elements when built into the astral body do not remain in the state of simple elements, no more so than when food is assimilated by the physical body do the chemical elements remain uncombined. In both cases the elements combine with

other elements in the formation of compounds; these compounds in one instance forming the protoplasm of the physical body, and in the other forming the psychoplasm of the astral body. And in both the formation of protoplasm and the formation of psychoplasm, the manner in which the elements enter into such compounds as are formed is very important.

Harmonious and Discordant Mental Compounds. —All life-forms, from the simplest to the most complex, possess some ability to learn through experience. The feeling coincident with one experience is retained and has an influence upon the conduct when the organism is again brought into contact with a similar situation. This process through which all life-forms learn, being attracted by pleasure and repelled by pain, the psychologists call CONDITIONING.

According to the family and the series to which it belongs, each thought-element has its own type energy. It may belong to the family of Aggressive thoughts, in which case it possesses aggressive energy. It may belong to the Religious thoughts, and thus possess genial expansive energy. Or it may belong to any other of the 10 families of thoughts and possess energy of that characteristic type.

Yet the thought or sensation that gave rise to the mental element, whatever its type, also contained, in some degree, feeling energy. By means of the cyclatron at the present time in the University of California at Berkeley, and in other university laboratories, energy is actually converted into chemical

elements of matter. Likewise the processes of consciousness convert mental energy into the thought-elements of which the astral bodies of all living things are composed. Yet accompanying this process there is always present, in some degree, the feeling of pleasure or pain, harmony or discord, which forms the CONDITIONING ENERGY.

It is this Conditioning Energy which is present at the time a thought-element is formed that determines the manner in which the thought-element, when it is assimilated by the astral form, combines with other thought-elements already there or which are assimilated at the same time.

There are 10 different manners in which almost any two of the thought-elements can combine, each method of combination being wholly determined by the quality of Conditioning Energy, or feeling, present when the thought-elements meet. This Conditioning Energy thus entering into the thought compound gives a specific trend to its desire. Desire is energy in a potential state straining to be released in a given activity; and a large part of the tension of a thought compound that thus seeks release in some activity is due to the pleasure or pain that was present when the thought-elements combined. Thus each of the 10 types of thought compounds, irrespective of the elements united in it, is given a name which designates the direction in which its desire energy strives for release.

A Separation Compound, for instance, is a union of thought-elements which has been so conditioned at the time they united in the astral body that their

desires strive to express, and do express to the extent they have or acquire energy, in the direction of shoving things apart. A Luck Compound, on the other hand is a union of thought-elements which has been so conditioned at the time they united in the astral body that their desires strive to express, and do express to the extent they have or acquire energy, in the direction of those events we call good luck.

These thought compounds form the psychoplasm, which thus varies in different compartments of the astral body, and forms the substance of the various kinds of stellar-cells. That is, even as in the physical body there are nerve cells, cells that form the skin, cells that become the white blood corpuscles, reproductive cells, muscle cells, and so on, so are there cells of different kinds making up the astral body, their nature determined by the thought compound forming the psychoplasm entering into their composition.

Both Physical Cells and Stellar-Cells Have Independent Intelligence.—Every mental state, as psychologists have been at much pains to prove, is accompanied by an alteration of the physical body. Whether the objective consciousness is, or is not, aware of the tensions of desire energy in the thought-cells and in the thought structures of the astral body, these have an influence on the physical cells and upon the performance of more complex physical functions.

These stellar-cells of the astral body are not unintelligent. They retain whatever intelligence has been imparted to them at the time of their thought formation. In the association of the astral body with the

lower forms of life before it reached the human stage, these stellar-cells and the stellar structures built of these stellar-cells, learned to perform certain activities. And as they now exist in the human astral body they continue to possess this ability acquired in the past. The physical human body commences with a single fertilized cell. This physical cell divides into two. Then each of the two again divides, and so on, until all the cells and humors making up the physical body are present.

Now although each of the billions of physical cells is derived from a subdivision of the single cell with which the body elaboration commenced, each type of cell as soon as it is thus formed through subdivision, knows exactly the function it is to perform in the human structure. The cells know what they are to do, and even if separated from the body, endeavor to carry out their special work. That is, both physical cells and stellar-cells, once formed after the pattern of a particular compound, have, and exercise, an intelligence that is independent of the body of which they form a part.

That physical cells exercise such independent intelligence has been demonstrated in laboratory experiments. White blood corpuscles, called leucocytes, will devour microbes and red corpuscles when living in a flask with the same energy they thus act to defend the organism against invading enemies while living in the human blood stream.

Epithelial cells are those that protect the organism from contacts with the outside world, such as the skin and the lining walls of the intestines. These

cells have been cultivated for months, quite apart from the animal to which they belonged. There was no surface to protect; yet they understood their special job, and arranged themselves in a mosaic which would have protected a delicate surface if such had been present.

A few red corpuscles permitted to flow from a drop of blood into a liquid plasma, quite outside the body or blood stream of any animal, form a tiny stream which builds up banks either side of their flow. These banks cover themselves with filaments of fibrin, thus forming a pipe, through which the red cells move just as if in the blood vessel of an animal. Leucocytes come to the pipe and surround it with their membrane. Quite isolated from any living animal, red and white corpuscles thus know how to construct, and do construct when conditions permit, a segment of circulatory apparatus. No tissues to be furnished with oxygen and nutriment are present, nor is there a heart nor any real circulation. Yet the stellar-cells in association with these physical cells release their desire energies in the direction of performing the kind of work they have learned in the past; and toward which they have been conditioned.

Most organs of the body, also are capable of independent displays of intelligence. Our stomach, heart, liver, etc., are not subject to our voluntary control. By willing to do so we can not increase or decrease the caliber of our arteries, make our pulse beat fast or slow, nor regulate the contractions of our intestines. They are under the control of the unconscious mind. They obey its orders to the ex-

tent they have been conditioned to do so. But the exercise of the particular function they have learned to do is not dependent upon the unconscious mind. They have intelligence of their own which makes them capable, if wrongly conditioned, of rebelling against the orders of the unconscious mind, and which enables them, when severed from the body, yet given proper conditions, of still performing the function which they have learned correctly or incorrectly to do.

An intestinal loop, for instance, when removed from the body and provided with artificial circulation, performs its normal movements. A kidney the nerves of which are cut, grafted to permit it opportunity for its particular work of filtering the impurities from the body, still performs this essential function.

If we are to have the detailed knowledge for the practice of Mental Alchemy, by which through proper thinking, the various ills of human life can be corrected, we must understand thoroughly that either a group of physical cells or a group of stellar-cells has a certain dependence upon the physical organism or astral organism of which it forms a part, yet at the same time also has the power of exercising its own particular type of intelligence apart from that organism. And we must understand that a physical organ, or a stellar structure composed of thought-cells, likewise performs its function as a part of the organic whole, yet is capable of doing the work for which it has been conditioned quite apart from the organism, and even in defiance of the

desires of the organism.

Thought-cells or physical cells which are conditioned in that direction do work which is beneficial to the organism as a whole. Yet stellar-cells or physical cells which are conditioned to act in a manner derogatory to the organism as a whole, work for its destruction quite as energetically as they would have worked for its preservation had they been properly conditioned. The white blood corpuscles called leucocytes, previously mentioned, are the policemen of the body. They consume degenerating tissue and destroy foreign bodies in the tissues such as bacteria. Yet when wrongly conditioned by the presence of certain viruses—which are hardly larger than a molecule of albumin, and therefore make bacteria seem gigantic in comparison—these same leucocytes turn cannibal and devour the cells of muscles and organs and thus kill the infected animal in a few days.

Stellar-Cells and Stellar Structures Work On Two Planes.—Stellar-cells and stellar structures have a dual field of operation. As the thought-cells and thought groups of which the unconscious mind is composed, they control all the activities of the body, even the manner in which tissue is replaced through physical metabolism. Those activities which are volitional engage the co-operation of the stellar structures in the astral body which have charge of these movements. That is, these thought groups in the four-dimensional form have become conditioned to act upon commands received from the region of objective consciousness. Through their exercise of

complete control over all the physical activities the stellar-cells and stellar structures operate in the three-dimensional realm.

But in addition to this direct three-dimensional control, there is a less obvious, yet even more potent control of the life exercised by activities operating from the four-dimensional plane. Thought-cells and thought structures, like physical cells and physical organs have independent intelligence and capacities for independent action. And they work thus from the vantage point of the four-dimensional plane to bring into the life such events and conditions as correspond to the way they have been conditioned.

Not only, therefore, are all man's physical activities determined by the thought-cells and thought structures which make up his unconscious mind, his soul, or his character; but every event and circumstance that comes into his life not due to his physical actions likewise is due in large measure to the four-dimensional activities of these stellar-cells and stellar structures. Thus is the thought organization of his astral body responsible both for what a man does and for the events that come into his life.

If, therefore, the habitual actions of any person are to be changed, or if his fortune in any respect—health, finances, affections, honor, or what not—is to be changed, he must alter the thought composition or thought organization of his astral body. To the extent the four-dimensional stellar-cells and stellar structures are altered will they release their desire energies along new paths, both on the four-dimen-

sional plane and in prompting three-dimensional activities. It is the province of Mental Alchemy to indicate what changes should thus be made, and how best to make them, to correct the various ills that hamper life.

Thought Compounds Conditioned By Pain Are Responsible For Disease and Misfortune.—If some condition of life is thus to be corrected through the application of the proper thought remedy, the first step is to understand just what thought compound or thought structure in the astral body is responsible for the condition to be changed. Without such knowledge, if, like much metaphysical practice, we merely assume that a certain affirmation will alleviate the disorder, we are quite likely, through adding more energy to the thought organization responsible without changing it, merely to aggravate the condition.

Those thought compounds into which at the time of their formation was built the conditioning energy of pain, strive to release that energy in a similar manner. Their desires are as strong as the energy imparted to them through experiences coincident with their formation. But because they have been formed in a given way, the Law of Association makes it easier, and thus more pleasant for them, to release their energies in channels that are not in the direction of the welfare of the organism as a whole.

As explained in lesson No. 63, desire energy releases in the direction of whatever image is before the attention of the unconscious mind. Yet if the desire energy is discordant, it tends to attract the

attention of the unconscious mind, or of thought groups in the unconscious, to images the opposite of those conducing to the welfare. It is easier to express discordant energy in the direction of discordant action, and to express harmonious energy in the direction of harmonious action. And all the ills of life are due, either to insufficient desire energy in the unconscious mind, or to the desire energy that is in the unconscious mind expressing, either on the four-dimensional plane or on the three-dimensional plane, toward mental images that are discordant to the individual.

An unsatisfactory condition in the life, therefore, may be due to insufficient desire energy stored in the stellar-cells and stellar structures of the astral body. In this case there is simply not enough power to attract anything important, either fortunate or unfortunate. Not enough experience has added energy to the thought-cells. And thus the only way to attract more important events is to acquire experiences that will build, with the thought-elements added, more feeling into the astral body.

Disease, and all more active types of misfortune, however, are due to the three-dimensional and the four-dimensional activities of thought-cells and thought structures in the astral body which have been so conditioned that they find it easier to release their energies in working for conditions that are adverse to the individual. The thought-cause varies with the type of misfortune attracted. And, as will be set forth in lesson No. 96, we have quite definite

information as to the type of thinking that is responsible for each of the common diseases and misfortunes.

This is the place, therefore, instead of discussing specific diseases, to emphasize that thought-conditioned desires, whatever their nature, are so much energy within the astral body, which if it can be Reconditioned, or directed toward mental images that conduce to the welfare of the individual, has determining power over the life.

Examples of Compensations.—When one organ or member of the body is destroyed the thought-cells within the astral body transfer their energy, in so far as they can, to some organ or member. If a leg is removed, for instance, the remaining leg grows much stronger than normal, in the effort to compensate for the loss. Or if one kidney is removed, the other one grows almost to twice the normal size, in the endeavor to perform the function of both.

Likewise, as explained in lessons No. 62 and No. 63, when one of the three Hereditary Drives or any other highly energized desire is blocked in its customary expression, it seeks and finds some substitute outlet. The desire energy of such an intense thought organization within the astral body is then said to COMPENSATE for its lack of opportunity to express in the manner desired by its thought group.

One group of thought-cells may be set against another group of thought-cells, causing an inner conflict. And when there is such inner strife, either, as explained in lesson No. 62, the individual Resolves

the Conflict, perhaps through Sublimation, or as explained in lesson No. 60 he builds into himself a Repression which, as explained in lesson No. 63, forms a Complex. Such a Complex, not being able to release its energies as it desires, is forced to release them through some Compensating device.

Analyzing the manner in which Americans differ from other nationalities, Harvey O. Higgins and Edward H. Reede, M.D., have shown that American superiority in business and industry, and lack of superiority in literature and art, is due to a Puritan civilization which forced the conviction into the unconscious mind that any expression of emotion (which is essential in artistic production) is undignified, and that both idleness and pleasure are sin. The Drive for Significance opposed such expressions so successfully that the Reproductive Drive was forced to find a channel of Compensation that was acceptable to this drastically imposed code of conduct.

When conflicts are not Reconciled the energies are not Sublimated, and although they escape by a substitute channel, this furtive slipping past the dominating group of ideas in disguise is accompanied by anxiety, fear and irritation. To this is attributed the proneness of the American to "bluff," and his attitude of self-reliance and sensitiveness to foreign criticism. They are the natural make-believe compensations of the unconscious mind to a fear of inferiority induced by the teaching that he must conquer and suppress his instinctive desires. Americans, there can be little doubt, are victimized by haste, restlessness, anxiety and worry because of a psychic

insecurity (expressing the Drive for Self-Preservation) developed through the religious doctrines of sinfulness.

These writers, analyzing the life of Theodore Roosevelt, indicate how two factors of his infancy so impressed themselves upon his unconscious mind as to dominate his whole life. The first of these factors was his idealization of, and love for, his father. He saw in his father a man of great might who stood fearlessly against the whole world. This image became so strong and so associated with pleasure that it tended to keep the attention of his unconscious mind riveted to it, with the result that whatever desire energies were released were diverted into channels leading to a realization, on his part, of that ideal.

The other factor was his early physical inferiority. The Moon (thoughts) opposition to Mars in his birth-chart gave him weak eyes, and Sun (thoughts) opposition Pluto impaired the vitality (see birth-chart at front of booklet). Thus he developed an inferiority complex, a fear of cowardice, of weakness and of inefficiency.

A person with an inferiority complex always Compensates in some manner, because, as set forth in lesson No. 63, the unconscious mind will never relinquish the thought that in some respect it is superior. Pluto, the planet of drastic action, of dictatorship, of the "big stick" (an expression coined to express the drastic way in which Roosevelt enforced his decisions) is in the house of his father (4th), making

powerful aspects. It rules the Universal Welfare thoughts, and thus did the ideal of his father, working for the benefit of the people (Moon sextile Pluto) become the model image through which his Compensating energy found expression.

To demonstrate that he was not the coward he feared to be, he learned to fight, became a cowboy, a wild west sheriff, a rough rider, and went on perilour trips of exploration and in pursuit of dangerous game. Of course, he was truly a brave man. But a complex, because of the emotional energy it contains, always tends to over-compensate. He was always seeking some opportunity to prove both his courage and his superiority, going far out of his way in such quests. Yet the father image was powerful enough to determine the line of Compensating outlet for the dammed-up energies. And the desire energies in the stellar-cells and stellar structures of his astral body thus released were powerful enough that they carried him to the top in literature, as an authority on navy matters, as a naturalist, and into the chair of President of the United States.

Contrast this mode of Compensating for an inferiority complex with that of Mark Twain. He also was a child of inferior powers, but with a very different environment. His early life, instead of having before it an ideal to worship, a father with whom there was sympathy and understanding, was strikingly lacking in these respects. The fear of an avenging deity was early implanted in the boy's mind. Instead of an ideal of courage to stimulate emulation, he was confronted on every hand by examples of fear and failure.

Like Roosevelt, he sought to escape the restrictions placed upon him by physical inferiority, but the method of Compensating was different because of the images toward which his unconscious mind had been conditioned to give attention. He had early found that cleverness of speech gave him an advantage over his associates. Saturn (See his birth-chart at front of booklet) rising, representing powerful Safety thoughts in his astral body did not impel him to prove himself brave, as did Roosevelt, who had Mars, representing powerful Aggressive thoughts, rising. On the other hand, they led him to seek superiority through less dangerous channels.

Later in life, when he sought to attack authorized conventions, which was his method of Compensating in the release of energies stored up in his childhood through the tyranny exercised over him, he did not revolt openly as a more courageous man might have done. On the other hand, still dominated by the timidity forced into his unconscious through fear of everlasting punishment, he used his wit to flay such restrictions.

In his frantic effort to Compensate for his feeling of inferiority and the imminent disaster which his early religious training had implanted, Mark Twain's mind had early found an outlet through wit. He never reconciled his conflicts; but the energy released in Compensations was directed into images that led, not to utter futility, but to pre-eminence in the field of humorous writing.

Another man with repressions of a different sort

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was Billy Sunday. Four planets rising in the sign of sex, Scorpio, indicate tremendous energy in the Reproductive Drive. The Aggressive thoughts and the Religious thoughts (See his chart in lesson No. 96) were amalgamated, as indicated by the close conjunction of Mars and Jupiter; and both were almost exactly in opposition to Pluto, lord of the underworld, who in one aspect presides over heaven and in the other dominates the realm of hell.

This opposition from the Universal Welfare thoughts, ruled by Pluto, to Sunday's Personality (Asc.); and to the thoughts indicating on the one hand intense animal passions (Mars) and on the other intense religious devotion (Jupiter) was a terrific conflict between two well organized groups of desires. The Religious thoughts succeeded for the most part in preventing the Reproductive desires from expressing in the manner they craved. Yet throughout life the conflict raged; a conflict which Sunday projected from himself to the outward world. The sense of sin he felt within, as he sensed carnal impulses which his desire for significance refused to admit belonged to him, seemed to be the sinfulness of others.

He was able to repress his reproductive desires, and the desire to destroy, mapped by Mars, from expressing in a recognizable way. But these same energies found a Compensating outlet through a lifelong struggle with the devil, a very personal devil, with whom Sunday could fight and vanquish before vast audiences. All the physical and mental

violence stored in his thought structures disguised as working for Universal Welfare, could thus get past the dominating Religious-thought group, and find expression. On the rostrum these Religious thoughts applauded loudly when he coined unusual phrases to tell the devil just how mean he was; and their approbation knew no bounds when, wet with the perspiration of the tenth round, he flashed a quick right to old Satan's jaw, and knocked him out for the count.

Sunday gave a vast amount of attention to the devil; but his unconscious mind had the image of victory even more persistently before its attention. The release of desire energy, therefore, gave the devil image less power than the victory image. He would say that a man could slip back into hell with one hand on the door of heaven but in his own unconscious mind was the image that, nevertheless, Billy Sunday would triumph.

The noted evangelist never Resolved his Conflict, but he Compensated in a way that led the energies of his inner strife to perform a type of work in which, althought such work is demoralizing to the race, he gained renown. The same tremendous energies, better understood as to their source and nature, could have as easily been diverted to a far, far more useful purpose.

Likewise those thought energies stored in the stellar structures of other people which, because they have entered into discordant compounds, manifest as poverty, failure and disease, when better understood, can be led through Reconditioning, to express not

through some inferior Compensating device, but through acceptable and constructive channels which will manifest as abundance, success and health. This is the task of Mental Alchemy.

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JUST HOW TO FIND THE THOUGHT CAUSE OF ANY CONDITION

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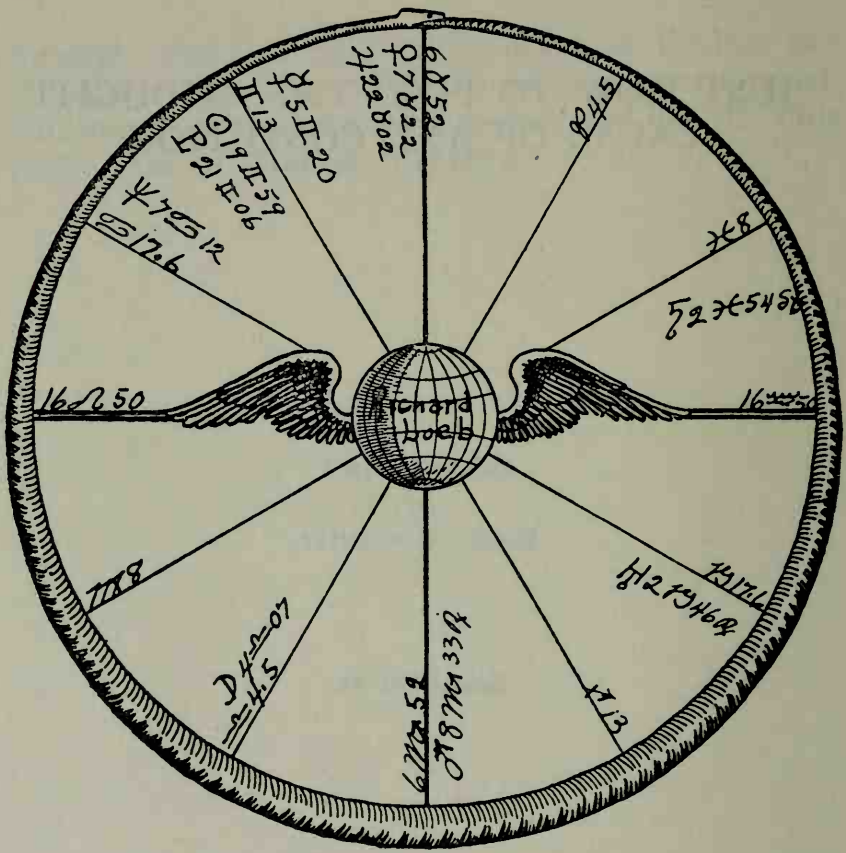
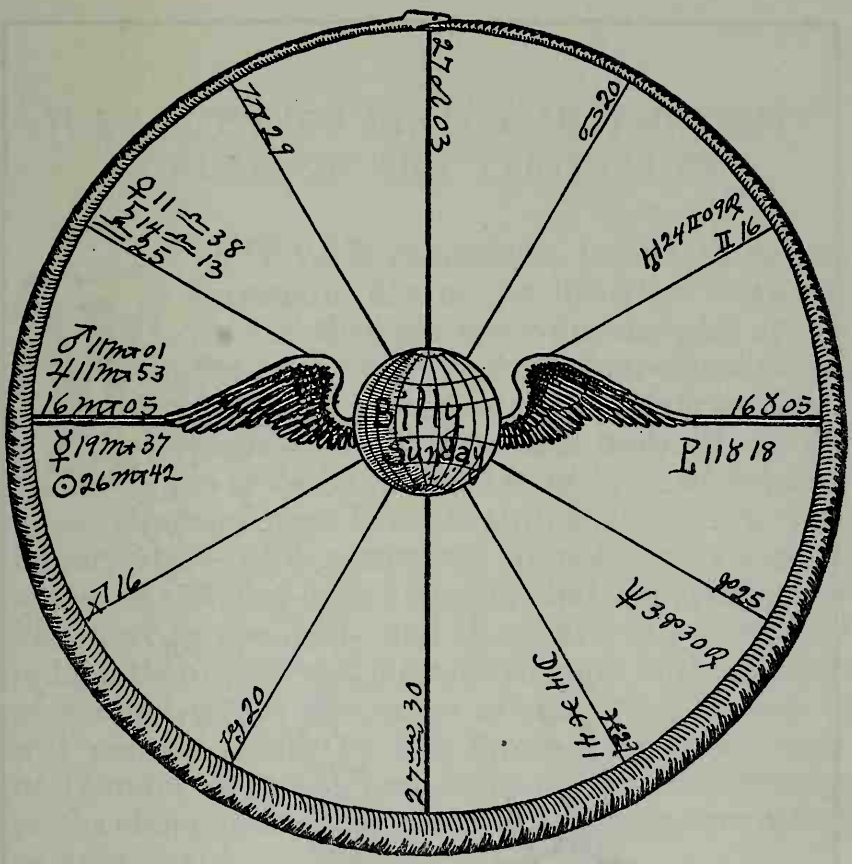


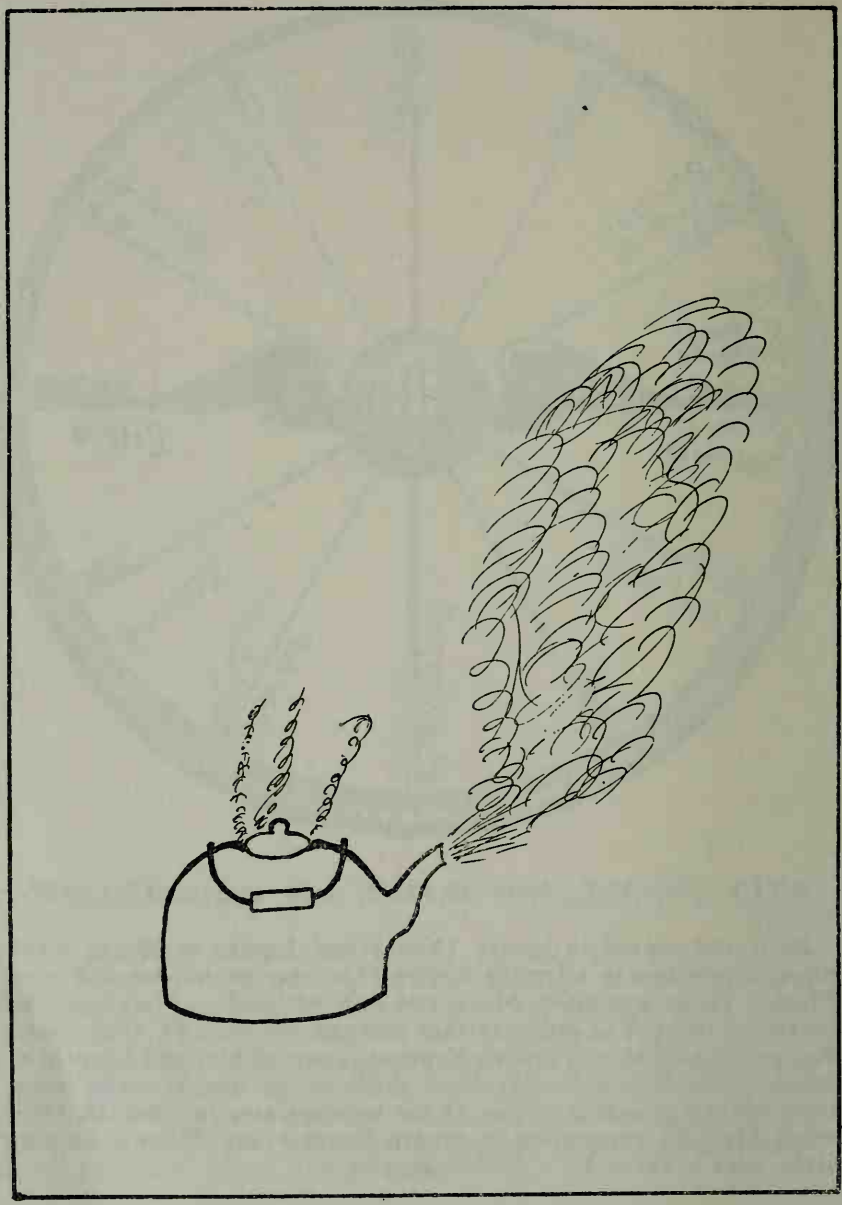
RICHARD LOEB, June 11, 1905, 8:51 a.m. L.M.T. 88W00 42N00.

Cain and Abel (Mars and Jupiter) are with him (Asc.) on the Altar of salvation (picturing middle decanate of Scorpio). The Key-phrase of the sign, I Desire, reveals the conflict which raged within. Abel (Jupiter) triumphed in the struggle (Pluto, ruler of underworld, in Struggle decanate); and Cain found Compensating expression in the knock down-drag-out fight with the devil (Pluto in opposition to planets on Asc.) which the great evangelist staged (Mercury sesqui-square dramatizing Neptune in house of entertainment) from the pulpit (constellation Ara).



BILLY SUNDAY, Nov. 19, 1863, 6:04 a.m. L.M.T. 93W30 42N00.

Born and reared in luxury (Venus and Jupiter in 10th); made unusual progress in scientific studies (Mercury prominent and trine Moon). Venus opposition Mars, and Sun conjunction Pluto gave an inversive twist. The energies thus warped, on May 31, 1924, when Sun progressed to conjunction Neptune *r*, caused him and Leopold to murder little Bobbie Franks for a thrill, progressed Sun also being trine Mars and sextile Venus. In the penitentiary, January 28, 1936, when Mercury progressed to square Venus *r* and Mars *r*, he was slain with a razor by a fellow convict.



JUST HOW TO FIND THE THOUGHT CAUSE OF ANY CONDITION

HATEVER conditions, fortunate or unfortunate, are in the life have been attracted through three-dimensional activities prompted by, or the four-dimensional work of, thought-cells of definite compounds within the astral body. If we are ever to have a different type of fortune in any department of life—health, finances, affection, honor, etc. — the compound of thought - elements within the stellar-cells affecting that department of life must be changed. And if we are to proceed intelligently toward making such changes in the psychoplasm and stellar structures of our astral bodies as will restore health or attain some particular type of fortune, we must first have detailed knowledge of the thought-cause of the condition to be remedied or augmented.

We now possess, as the result of a vast amount of work accomplished by the Brotherhood of Light Research Department, quite specific knowledge as to the thought-cause of most diseases of the physical body, and a wide variety of other conditions to be observed in human lives.

The planets by their house positions in a birth-chart map the family of thought elements that have

been built into the astral body in association with each of the twelve distinct departments of life. They thus show what thought-elements up to the moment of birth have been built into the stellar-cells of the astral body in such a manner as to determine the kind of events and conditions that will be attracted into the life in each domain of its activities.

The planets are not responsible for the events and conditions attracted. It is easier for a child to be born when the streams of astral energy from the planets are such, as indicated by their positions in the sky, that they flow through—rather than crosswise of—the stellar-cells and stellar structures of the child's astral body. The child is born when the astral currents of his environment, as shown by the birth-chart, correspond as closely as practicable, to the thought compounds and thought structures of his astral body.

Each of the ten planets in the birth-chart maps the chief structure in the astral body of one family of thought-elements. The aspects between the planets reveal which thought-elements have entered into combination, one with the other, in the formation of compounds, and how these compounds have been formed. The prominence of a planet in the birth-chart shows the amount of desire energy possessed by the thought-cells and thought structures it maps. And the amount of desire energy thus shown indicates how much work, both three-dimensional and four-dimensional, the thought group is capable of, and consequently how important will be the events which it brings into the life.

The planet Saturn, for instance, maps the Safety thought-elements. Whatever house of the birth-chart he occupies relates to poverty. If he is in the house of money it indicates that the Safety thought-elements are chiefly centered in the 2nd compartment of the astral body, which has to do with personal possessions. But Saturn is not responsible for the tendency to poverty thus mapped; for other persons familiar with such an individual will invariably be able to observe Safety thinking as a dominant habit of this individual in matters pertaining to personal property. While its influence from the four-dimensional realm is more pronounced, nevertheless, even in his objective thinking and habitual actions close acquaintances can not fail to note where money is concerned, the Safety attitude.

Jupiter, on the other hand, maps the Religious thought-elements. Whatever house of the birth-chart he occupies relates to abundance. Thus if he is in the house of money it indicates that the Religious thought-elements are chiefly centered in the 2nd compartment of the astral body. But Jupiter is not responsible for the abundance. The Religious thought-elements in the compartment of the astral body relating to personal property are responsible for it. And any close acquaintance of an individual with this position in his chart can not help but notice, even in his objective thinking and habitual attitude toward money matters, the expansive, optimistic viewpoint characteristic of the Religious thought-elements.

To thus find, through observing the individual's

habitual thinking, the cause of his disease is a laborious process. It is far more convenient, especially as the thought-cause of most conditions have already thus been worked out in considerable detail, to consult his birth-chart.

The positions in a birth-chart which indicate a predisposition toward a given condition or event are called the birth-chart constant. Each birth-chart constant really maps the thought compounds and their relations in the astral body at birth, which if later given additional thought-energy bring the condition or event into the life. A Birth-chart Constant is the thought organization of the astral body at birth which gives a predisposition toward some particular disease or some particular fortunate event.

The events themselves, to the extent they are noticeably either more fortunate or less fortunate than the normal trend of the life, are attracted only at such times as the thought-cells relating to the department of life affected receive new energy. This new energy gives the stellar-cells thus involved additional power to work from the four-dimensional plane, to stimulate objective thoughts of a similar nature, and to influence the physical conduct.

The more common sources of such additional energy supplies are mapped by the progressed aspects of the planets. Planetary energy picked up, radio fashion, by the aerial developed across the astral body when a progressed aspect is formed, is made available for the use of the thought-cells and stellar structures at the terminals of the aerial. But the event is not attracted by the new supply of plane-

tary energy thus made available; it is attracted by the thought activities then stimulated. The stellar-cells work with such intelligence as they possess, and with the energy supply thus made available, to bring events of a certain nature into the life.

In addition to Birth-chart Constants, which reveal the predisposition—due to the thought compounds in the astral body at birth—toward certain conditions, the Progressed Constants for a great number of events have been worked out statistically. These represent the type of thinking which when given additional energy brings the event into the life toward which the Birth-chart Constant shows a predisposition.

Events, apart from the normal trend of the life, are attracted only at those times when thoughts of a particular type become unusually active. During the time when an important event is thus attracted through additional thought-cell activity, a close acquaintance usually can notice the change in the individual's habitual attitude. But, because these more than normal thought activities have been worked out in close detail for many varieties of events, it is more convenient to acquire this information from the Progressed Constant in its relation to the birth-chart.

In Course XVI, Stellar Diagnosis and Stellar Healing, both the Birth-chart Constants and the Progressed Constants for 160 different diseases of the body are given. In the Brotherhood of Light Astrological Reports are set forth—each based upon careful analysis of the charts of 100 individuals in

whose lives the condition or event has been present—the Birth-chart Constants and Progressed Constants of other physical diseases, and of a great many other events and conditions.

These Birth-chart Constants and Progressed Constants are really statements, using the astrological factors that map them instead of less concise explanations, of the predisposing thought-cause, and the stimulating thought-cause, of the condition encountered. In order, therefore, that we may understand the thought-cause of a given condition, and thus know how to remedy or benefit it, we must give attention to the 10 different types of compounds and how they are formed. But, as each thought-element, no matter what compound it has entered, exerts its own characteristic four-dimensional activity, its tendency to promote objective thinking of a particular kind, and its prompting to certain methods of three-dimensional activity, we should first consider the necessities that developed, and the general method of expression, of each of the 10 thought-element families.

It was shown in lesson No. 60, in connection with each of the 10 families of thought-elements, how it was built up, as chemical elements are built from electrons and protons, of Nutritive Desires and Reproductive Desires. Each element embraces factors which work for Self Preservation and other factors which work for Race Preservation. Instead of repeating what was there stated in general terms therefore, I will here mention more specific instances of conditions such as were responsible for building into

the astral body the thought-elements of each family.

Power Thought-Elements.—To obtain food, the life-form often found it necessary to dominate certain territory. To secure the mate of his choice, and having secured her, to prevent her being stolen by a rival, it came to be a decided advantage to possess authority. And often it was a great advantage to the herd to have authority vested in a single powerful individual. Thus among wild horses in Western America the herd is ruled with tyranny by some stallion which has vanquished all rivals to leadership; and this stallion is brave to defend his remuda and cunning to lead it from the proximity of danger.

With community life established, this Drive for Significance became more than the mere seeking food and reproduction. It became the desire to have the respect of others. With man, it at first, no doubt, extended scarcely beyond the family circle. The power of authority exercised by the parents gave both themselves and their children certain advantages. And we find among the ancient Romans that power of the father extended to such proportions that he had the right to kill his own children and the children could own no property during the life of the father.

Authority extending further in tribal rule brought still greater advantages; and these advantages to the one in authority came to be a source of restlessness, discontent and ambition to others.

Power thoughts are the most deepseated and persistent of all thought-elements. Professor Lombroso found, for instance, that men and women un-

der hypnosis can be made to accept the suggestion that their sex has been changed; but will persistently resist the suggestion that their social status has been lowered. In human life these Power thought-elements mapped in the birth-chart by the Sun, are the source of pride, firmness, approbativeness, conscientiousness and self-esteem.

As the positive, electric, etheric energy which gives vitality and recuperative power, the ability to govern and direct others, and the power to rise to a position which gives authority over others, are expressions of thought-elements of the Power family they can not be too abundant for welfare. People with weak power urges do not have long lives. All successful politicians have these thought-elements prominent.

Thinking about one's Significance is responsible for the fortune or misfortune that comes through attaining positions of authority or failure to attain them, and that comes through the good or bad influence of the male sex and of those who are in positions of power. Discordant thoughts about one's Importance are chiefly responsible for high blood pressure, infantile paralysis, pneumonia, and diseases of the spine; and heart trouble, from which more people die than from any other disease, is entirely due to such thinking.

Domestic Thought Elements.—To provide sustenance and comfort for the young is one of the most commonly observed activities among most forms of life. The wings with which the maple tree endows its seed vessels is an example of the parent providing

a food supply for its dependents, and enabling them to find a new and more favorable environment. The barbs of wild oats and rye are efforts of the parent plants to protect their young from devouring enemies.

Birds build nests of intricately woven fabric, insects hoard food, animals construct dens and lairs, to provide for their young; and all will endure labor, hardship and peril, and will fight to the death, in their interest. Such experiences in housing and rearing the progeny built Domestic thought-elements, mapped in the birth-chart by the Moon, into the stellar-cells of the astral body.

Mating and home conditions give rise to ideals and an appreciation of the sublime in human life; and to expressions of the emotions, not merely in human life but also among many birds and some insects, through the avenue of music. Birds more frequently sing not only while mating, but during the whole nesting period. The domestic urges that give love for home and offspring then overflow in song and vision of bliss. These thought-elements in the human astral body are the source of time, tune, sublimity and philoprogenitiveness. They are prominent in the astral forms of most successful musicians.

Domestic thought-elements express through the feminine, soothing etheric energy which is commonly called the constitutional magnetism. They indicate the most receptive region of the astral body, the place where impressions both from the external world and from the inner plane readily reach the unconscious mind, and thus influence the mentality.

Thinking about domestic conditions is responsible for the fortune or misfortune that comes through women and that comes through the influence of the common people. Discordant thoughts about domestic life are chiefly responsible for dropsy, and often for stomach trouble and mental complaints. They also are present and contribute to, eye and ear afflictions.

Intellectual Thought-Elements. — Insects, birds and mammals when they wander in search of food, find it advantageous to remember the locality of their home and the locality of previously found food and water. To recognize an enemy by sight or sound conduces to their safety. Thus has been developed the perception of form. And in the selection of material for home-building, perception of size and weight was born.

Color enters into the perception both of enemies and of food; insects and hummingbirds being attracted by bright flowers, and grazing animals by verdant foliage. Color also assists in the recognition of their mates. Memory of events conduces to securing food, as illustrated by domestic fowls that come to the call of the person who habitually feeds them, but flee the approach of a stranger. Eventuality also is exhibited by the horse which shies at a point along the road where a week previous he had been frightened. It is a factor of safety.

Birds and mammals recognize the call of distress, the danger signal, the food-supply call, and the mating song or noise. This is language in elemental form. And along with perception of qualities, such expres-

sion aids in realizing various desires. In human life these Intellectual thought-elements that have thus been built into the astral body, and mapped by Mercury in the birth-chart, are the source of eventuality, language, calculation and the recognition of size, weight, form and color.

The Intellectual thought-elements determine the habitual method of objective thinking, and thus what other thought-elements are being added to the compounds of the astral form. This thinking also tunes the etheric energies flowing over the nerves to corresponding rates of vibration so that they pick up, radio fashion, planetary energies of like quality and feed them into the astral body.

Thinking which is studious or expression which is ill-considered is responsible for the fortune or misfortune that comes through intellectual cleverness or its lack. Writers, lawyers and teachers who are successful have these thought-elements prominent. Discordant thoughts of this type, in which there is grinding concentration on some problem, is chiefly responsible for nervousness, neuralgia, neuritis, sciatica, hay fever, asthma, and some bowel complaints. Together with thinking about domestic conditions, they lead to mental diseases. And mental diseases are more numerous than all others combined. The hospitals in the U.S., for instance, contain nearly eight times more lunatics or feeble-minded than they contain consumptives.

Social Thought-Elements.—Some plants, such as the pepper tree (Schinus molle) so common as a California shade tree, bear staminate and pistillate

blossoms on different individuals, and the male and female plants have nothing in common except at that time of year when insects or wind carries pollen from the male plant to the female blossoms. Yet other plants, such as those of the primrose family, have male and female associated in a single flower; and the composite family, including the asters and sunflowers, have found it advantageous to dwell in blossom colonies.

Among the scorpions and the spiders there is little social life; the Anna hummingbird deserts the female before the eggs are hatched; and some male mammals, such as the grizzly bear, associate with the female only for the purpose of reproduction, and they have no protracted companionship. Yet among other creatures there is a long period of companionship between the sexes which has survival values. Certain species of ants (among which as a rule the life of the male is comparatively short), for instance, mate for life; as does the eagle and the ostrich among birds, and the lion and beaver among the mammals. Gulls and many other birds live in flocks, and antelopes and big horn live in herds.

Through experience with companionship and mating in lower forms of life the Social thought-elements that now occupy the astral body of man were built into his finer form. They are mapped in the birth-chart by the planet Venus, and express as affection, friendship, mirthfulness, conjugality and inhabitiveness. Those who successfully express artistic talents have the social thought-elements prominent in their stellar bodies.

Thinking about mating, about companionship, about love and about affection in its various manifestations attracts into the life such fortune or misfortune as friendship and affection bring. Discordant thoughts energized by such emotions are responsible for much disease of the kidneys, of the venous blood stream, of the thyroid gland, of the internal or sex organs, and female trouble and the so-called social diseases. Often, however, in these complaints, aggressive thought-elements also play a part.

Aggressive Thought-Elements.—Every life-form, if it is to survive, must be able to meet and defeat those enemies from which it can not escape. Changing environment ever brings new obstacles; and to triumph over them, rather than perish through lack of attempt, requires initiative. To acquire food there must be incessant activity; and the demands of reproduction develop the quality of amativeness. Such constructive and destructive experiences in lower forms of life built into the astral body that now belongs to man the Aggressive thought-elements.

They caused the cacti to grow spines and the rose to bear thorns. They gave to the bee its sting, and the venom behind pointed fangs in the rattlesnake and cobra. Hatred, anger, passion, and lust are their expression. Birds, beasts and men face peril and enter into deadly combat in search of food or to win a mate. The thought-elements so built into the astral body, mapped in the birth-chart by the planet Mars, are the source of amativeness, destructiveness, combativeness and alimentiveness.

Thinking about lust, destruction, construction, combat and strife brings into the life such fortune or misfortune as is brought by strife. Successful doctors, surgeons, soldiers, aviators, moving picture stars, mechanics, engineers, and all whose calling requires daring, initiative, aggressiveness, and constructive or destructive ability, have the Aggressive thought-elements prominent in their stellar bodies.

Discordant Aggressive thinking is responsible for more accidents than is any other type of thought. It is responsible for cuts, surgical operations, burns, infection, contagious diseases such as small-pox, measles, scarlet fever and chicken pox; and is the most important factor in typhoid, blood poison, malaria, rheumatism, urinary complaints and some kidney trouble. Together with the Social thought-elements it is responsible for the so-called social diseases.

Religious Thought-Elements.—Even many lower forms of life place implicit faith in their parents. And among gregarious animals the confidence in the ability of the leader to protect and find ample for their need becomes the beginning of hope. Reverence and veneration develop through obedience to such ruling authority, and looking to such higher power for guidance, protection and the satisfaction of wants. And quite naturally the social emotions, diverted into seeking the favor of the higher authority, take the form of devotion.

To acquire the favor of the leader, or higher authority, the spirit of tolerance toward other mem-

bers of the group is cultivated, giving rise to good fellowship. The dog expresses these desires sublimated into a highly religious channel when he is willing to perish to save his master.

Various experiences in lower forms of life, in which tolerance and good will have taken part, and in which there was confidence in a higher authority, built the Religious thought-elements, mapped by the planet Jupiter in the birth-chart, into the human astral body. These thought-elements express as benevolence, good-cheer, veneration, hope, reverence and devotion. All successful doctors, and most of those who succeed in professional work, or who, like salesmen, depend upon the element of good will for patronage, have Religious thought-elements prominent in their stellar bodies.

Thinking about religion, good cheer, benevolence, joviality, and faith and confidence in Deity brings into the life such conditions as come through abundance, patronage, and the favors of those who have plenty of money and worldly goods. Discordant thoughts of this type are responsible for extravagance, for paying too great a price for purchases and for diseases which arise from an over abundance of something such as some acidosis, one type of diabetes, biliousness, catarrh, auto-intoxication, carbuncles and fatty tumors.

Safety Thought-Elements.—One of the outstanding abilities of all life-forms which survive is that which enables them to avoid harmful conditions and consequent destruction. Even in the mineral kingdom

we find that a metal gives a spasmodic flutter when brought in contact with oxalic acid. Sensitive plants shrink when touched, and the growing leaf moves so that its under surface is kept away from the direct rays of the sun. Deer flee when pursued by wolves, and a child withdraws its hand when it comes too close to the fire. Squirrels and bees store food for winter, and man hoards money. The Safety thought-elements thus expressed by him were built into his astral body through experiences such as mentioned while his soul was associated with lower forms. They are mapped in the birth-chart by the planet Saturn, and are the source of secrecy, acquisitiveness, covetousness, casualty and comparison. All successful lawyers, managers, and others who depend upon system, order, and persistence for success — even policemen and top-notch musicians — have these Safety thought-elements prominent in their stellar forms.

Thinking about fear, caution, acquisition, greed, system, and selfish wants brings into the life all those conditions which come through lack and poverty, or through systematic and careful planning and forethought. Discordant thoughts of this type, especially fear, greed, envy, and self-centeredness, are responsible for much loss and hardship, for privation and the necessity of working diligently for every advantage, for restrictions of various kinds and heavy burdens. Such discordant thinking always afflicts through deficiency, and is responsible for cancer, fibrous tumor, pellagra, atrophy, and constipation, and is chiefly responsible for tuberculosis.

Fear and selfishness are the most unprofitable things in the world; for the thought-cells so formed attract losses into the life and develop chronic diseases in the body.

Individualistic Thought-Elements.—When the common food supply becomes exhausted through flood or drought, ability radically to depart from old food habits may have enabled individuals to survive. When the authority exercised by the flock leader restricted opportunity for reproduction, rebellion against that authority may have proved advantageous. And, as environment is constantly changing, the ability to make marked new departures from previous customs often conduced to survival.

Such experiences in lower forms of life built into the astral body of man the Individualistic thought-elements, closely allied to the intellectual thought-elements, but mapped in the birth-chart by the planet Uranus. These are the source of independence, originality, inventiveness, and unconventionality. Most successful lawyers, inventors, moving picture stars, astrologers, musical conductors, and others who must use originality in their work, have the Individualistic thought-elements prominent in their stellar bodies.

Thinking about independence, inventions, astrology, new ideas and radical departures from established custom brings into the life both the advantages and the disadvantages that come, always either directly or indirectly through human agency, suddenly, unexpectedly and often abruptly, taking away an old,

or bringing a new acquaintance, and a radical change either in the physical or mental life.

Discordant thinking about such matters is responsible for some accidents, and for much of the sudden separations, and unforeseen sudden changes of fortune. It is responsible for appendicitis and paralysis, and is an important contributing factor to arthritis, infantile paralysis and nervous complaints.

Utopian Thought-Elements.—All creatures draw from their astral experiences certain impulses which cause them to strive for a more satisfying type of life. Apparently we witness a manifestation of this in the hunting dog which, lying before the fire after the day's chase, in his dreams pursues the quarry with quivering excitement, and perhaps thus accomplishes in wish fulfillment what he failed to do in actual life. Does the race horse dream of winning the race? Does the famished wolf have visions of fresh meat? Perhaps. At least we know that men have dreams by day, and others by night, in which they reach their heart's desire.

Such experiences, in which mental escape had been made from the harsh restraining walls of reality to a realm devoid of hardship, have built the Utopian thought-elements into the astral body. Fanciful and visionary as they seem, and often, as they are closely allied to the Social thought-elements, revolving around plans for the benefit of the whole of society, they nevertheless sometimes lead to action. All successful aviators, most psychics, many occult students and astrologers, and all who are successful in drama-

tic art, or in dramatizing their abilities and acting as promoters, have the Utopian thought-elements prominent in their stellar bodies.

Day dreaming, idealistic visions, living in the imagination and fantasy thinking in general attract into the life such fortune or misfortune as comes through high expectations devoid of work, through promotion and get-rich-quick schemes, through dramatic ability, much psychic experience, and ideals which to most seem impractical. Discordant thinking of this kind is responsible for much bondage of various kinds, for psychic experiences, for much disappointment in the conduct of those who have been placed on a high pedestal, for poisoning and for a negativeness which encourages invasion by bacteria, and to the formation of moist pockets of infection, which may be quite hidden or may develop into ulcers. It often contributes to tuberculosis.

Universal Welfare Thought-Elements.—Specialization of parts and division of labor are to be encountered not only among the cells and organs which work together for the common good of the physical body, but also among the members of many plant and animal communities. Flowers of the composite family, for instance, quite commonly have ray-flowers ranged around the outside extending large banners to attract insect pollinators. Such ray-flowers often are sterile. They do their part for the community, and depend upon the disc flowers to perform the duties of reproduction.

The co-operation of bees and ants is so common knowledge as to need no comment other than to

point out that bees will forfeit their lives for the benefit of the hive, and ants for the welfare of the colony. Among mammals, beavers co-operate in dam building and in the storage of winter food, for the good of the group.

Experiences in co-operation, either for the benefit of a small and selfish group, or for the benefit of a wider membership, have in lower life-forms built into the astral body the Universal Welfare thought-elements, mapped in the birth-chart by the planet Pluto. These thought-elements, which may express either as spirituality or as inversion, are prominent in the stellar bodies of dictators, gang leaders, and those who are importantly associated with group movements of various kinds.

Thinking about the welfare of the group, or against the welfare of the group, brings into the life events which are drastic, and which are in some manner connected with the enforcement of the group will. Discordant thinking about the welfare of some group, or against such welfare, is responsible for events brought about by racketeers and gangsters, by antagonistic ganging up against the individual, and for the negativeness and degree of sensitiveness which encourages invasion by other organisms and which when the Intellectual thought-elements also are discordant, invites hives, hay fever and asthma.

The Type of Thought Compound Formed Depends Upon Conditioning Energy. — Thought-elements, like chemical elements, are capable of entering into a variety of different compounds, each expres-

sing a characteristic activity toward the environment.

Hydrogen and oxygen, for instance, when brought together under different conditions, unite in compounds having quite different chemical properties. Two atoms of hydrogen may combine with one atom of oxygen to form the life-sustaining fluid known as water. Or two atoms of hydrogen may combine with two atoms of oxygen to form hydrogen peroxide, which is not life-sustaining, but a destroyer of bacteria and a bleaching agent.

Oxygen combines with nitrogen in five distinct ways: Nitrous oxide, nitric oxide, nitrogen trioxide, nitrogen peroxide, and nitrogen pentoxide. Each of these compounds, formed of the same two chemical elements, exhibits distinct properties.

Nitrous oxide, commonly known as laughing gas, when inhaled at first produces a peculiar intoxication, followed by unconsciousness and insensibility to pain. But none of the other compounds of oxygen and nitrogen acts in this manner. Each compound has its own qualities.

Likewise, each type of the ten possible compounds in which almost any two of the thought-elements can unite, expresses properties which are quite distinct from the other types.

Observation of the lives of individuals who habitually think in a particular manner enables us to ascertain the type of thought-compound that expresses in a given kind of fortune or misfortune. People who think in a particular manner and have the kind of fortune or misfortune which goes with that kind

of thinking, also are found to have certain aspects in their birth-charts. Our Research Department has made a study not merely of the type of thinking, and whether it was harmonious or discordant, but has investigated thousands of lives and thousands of birth-charts in the effort to ascertain the particular conditions of harmony or discord that accompanied the thinking, which attracted into the life events having definite characteristics.

As a result of this extensive research, it seems quite conclusively proven that, even as certain conditions determine what compound will be formed when hydrogen and oxygen unite, or when oxygen combines with nitrogen, so there are definite conditions under which the thought-elements unite to form compounds, which when they express through the activities of the stellar-cells and stellar structures of the astral body, bring events into the life that, irrespective of the thought-elements combined, are well defined in their characteristics.

States of consciousness arising from experiences either physical or mental build thought-elements into the unconscious mind strictly in obedience to the Law of Association. Resemblance or Contiguity, or both, cause thought-elements of one experience to unite with thought-elements of another experience, or cause two or more types of thought-elements entering at the same time to be brought together in the formation of a compound. Many experiences embrace thoughts of more than one family; and these thought-elements being Contiguous—entering the astral body at about the same time—unite.

When thought-elements are thus brought into intimate association through Resemblance or Contiguity the type of compound then formed depends entirely upon the CONDITIONING energy present. That is, it depends upon the volume, persistence and intensity of the pleasure or pain accompanying the experience. Conditioning energy thus stored in the compound becomes the tension, desire, or URGE of the thought-cell then formed, to express through a similar channel of pleasure or pain. Such is the most pleasant expression for the thought-cell because to express in a manner contrary to its mode of formation would require a type of energy it does not possess. Yet while it satifies its own longing through such expression, if that expression is discordant, it is inimical to the welfare of the individual.

The more intense the Conditioning energy with which the thought-elements are united, the more beneficial or detrimental becomes the action of the thought-cells then formed in reference to the organism of which they form a part. There are ten distinct types of compounds, each of which, because the conditioning energy entered into the thought-element union in that manner, expresses in thought-cell activities which are characteristic.

Prominence Compound.—Due to the frequency with which experiences embracing two or more thought-elements enter the life, these thought-elements may become present in the stellar-cell structure of the astral body in large volume. Although added to the stellar form under circumstances of

Contiguity—at nearly the same time—that cause them to form a compound, the Conditioning energy present in so far as pleasure or pain is concerned may be very weak. Such a compound is one of the most powerful that can be formed; but its activity as expressed through stellar-cells and stellar structures, being due to volume rather than to Conditioning energy, chiefly operates to bring into prominence the special abilities indicated by the thought-elements and the department of life with which associated. A dynamic stellar structure formed of such a compound is mapped in the birth-chart by the Conjunction Aspect.

Growth Compound. — Thought-elements united by the Conditioning energy of a steady feeling of mild pleasure in the experiences from which they are derived enter into a slightly harmonious compound, which in its expression through stellar-cell and stellar structure activities, promotes growth. Stellar-cells so composed work both from the four-dimensional, and the three-dimensional plane, to attract many small advantages for development. A dynamic stellar structure formed of such a compound is mapped in the birth-chart by the Semi-sextile Aspect.

Opportunity Compound. —Experiences embracing two or more thought-elements in which these different types of thinking uniformly bring a feeling of pleasure, due to this strong and harmonious Conditioning energy, cause the thought-elements to unite in a compound which expressing through stellar-cells and stellar structures, draws opportunities into the life. Thought-cells of such composition work to

bring favorable environmental conditions. Opportunity does not come by chance, but through the work of such four-dimensional thought groups. A dynamic stellar structure formed of such a compound is mapped in the birth-chart by the Sextile Aspect.

Obstacle Compound.—Difficulties may be approached in an attitude of joy that there is a chance to test one's strength, and of glory in triumphing over them. Or they may be approached with distaste, and with acute pain due to the conflict. When the Conditioning energy with which two or more thought-elements unite is that of painful struggle, the expression of the compound through stellar-cells and stellar structures invariably interferes with the adaptation to environment. It works to attract hindrances. Every obstacle in life is attracted by such compounds. It may be poverty, it may be ill health, it may be lack of education or opportunity, or it may be the antagonism of opponents; but whatever the obstacle is, it enters the life through the activities of compounds conditioned by violent discord. A dynamic stellar structure formed of such a compound is mapped in the birth-chart by the Square Aspect.

Luck Compound.— Thought-elements brought into mutual association through thinking of their objects with prolonged and enthusiastic pleasure enter into a union such as causes the stellar-cells and stellar structures embracing them to work diligently to bring the realization of desires in the departments of life with which associated. A thought compound thus highly Conditioned with pleasure energy brings

into the life fortunate conditions such as are commonly attributed to luck. They enter into the psychoplasm of the most harmonious of all stellar-cells. A dynamic stellar structure formed of such a compound is mapped in the birth-chart by the Trine Aspect.

Expansion Compound. — The thought-elements built into the astral body when objects or endeavors are brought together in the experiences along with ideas regarding development, yet at the same time with no pronounced feeling of pleasure or annoyance, unite in a compound which is neither markedly harmonious nor beneficial. The Conditioning energy is slight, and such as it is, instead of expressing in prominence, because it revolves about development, tends to expression through the stellar-cells and stellar structures embracing the compound, in the direction of expansion. A dynamic stellar structure formed of such a compound is mapped in the birth-chart by the Inconjunct Aspect.

Friction Compound.—Irritations, little anxieties, and the small abrasions of life furnish Conditioning energy which unites the thought-elements of the experiences in association with them into compounds the stellar-cells and stellar structures of which, because the energy has been built into them in that way, must express in the direction of attracting chronically annoying events. Stellar-cells of such psychoplasm work incessantly from the four-dimensional plane, and through the three-dimensional plane, to cause friction with others, and to bring irritating circumstances. A dynamic stellar structure

formed of such a compound is mapped in the birth-chart by the Semi-square Aspect.

Separation Compound.—When the desires simultaneously pull in opposite directions, causing a decided feeling of distress because if one desire is realized the other must be relinquished, the thought-elements thus built into the astral body are united by one of the most powerful types of Conditioning energy. This struggle for supremacy between the thought-elements in expressing through the stellar-cells and stellar structures causes them to work persistently to force asunder the departments of life with which associated. A dynamic stellar structure formed of such a compound is mapped in the birth-chart by the Opposition Aspect.

Agitation Compound.—Things are thought about pleasantly at one time which under other circumstances are thought about with a feeling of displeasure. The Conditioning energy with which the thought-elements unite is thus harmonious at times and at other times discordant. Because the Conditioning energy thus alternates, the compound in expressing through the thought-cells and thought structures embracing it, tends to break up pre-existing conditions and conduces to mental and physical agitation. A dynamic stellar structure formed of such a compound is mapped in the birth-chart by the Sesqui-square Aspect.

Intensity Compound.—Long, although rather indefinite, association of thoughts and conditions of two or more types, builds thought-elements into the

astral body in volume. But because the Conditioning energy is so slight, there being neither pleasure nor pain, the compound is rather loose in composition, but the stellar-cells and stellar structures embracing it have intensity of energy, due to volume. They thus rather powerfully attract the things of the departments of life with which associated. A dynamic stellar structure formed of such a compound is mapped in the birth-chart by the Parallel Aspect.

JUST HOW TO FIND

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ELBERT BENJAMINE

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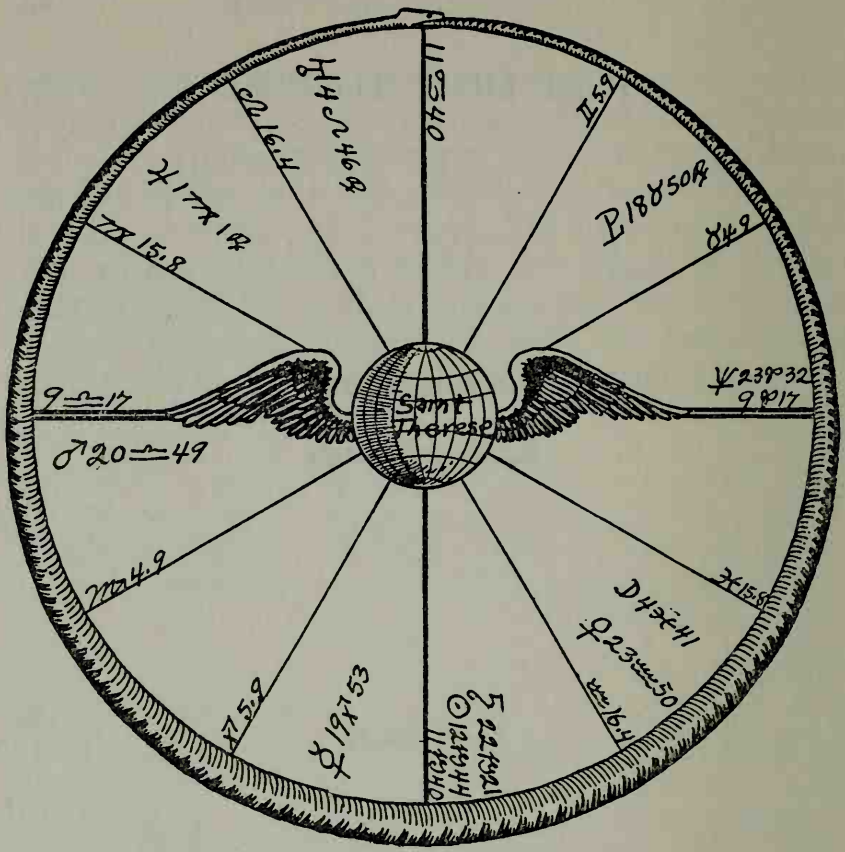


SAINT THERESE, January 2, 1873, 12:00 midnight, L.M.T., 00E03, 48N27.

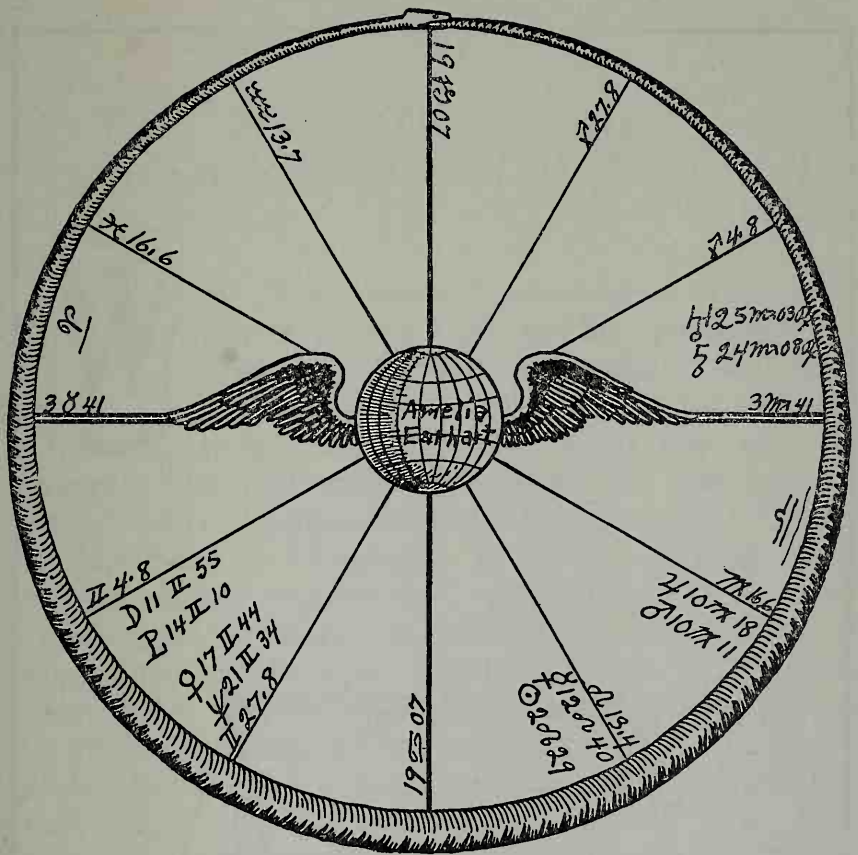
1876, determined to become nun: Sun sesqui-square Jupiter *p*.

1877, mother died: Mars square Saturn *r*, Uranus inconjunct Moon *r*.

1877, Christmas, saw her name in the sky: Venus opposition Jupiter *p*.

1887, carried fight to become Carmelite at fifteen over various superiors who opposed, to the Pope; gained permission and had hard convent life: Sun square Mars *p*, Venus sextile Sun *r*.

1894, wrote "The History of a Soul," which circulated widely, and to which miracles were attributed, leading to canonization as a saint: Mercury sesqui-square Jupiter *r*, Sun opposition Uranus *r*, semi-sextile Moon *r*.



AMELIA EARHART, July 24, 1897, 11:30 p.m., C.S.T., 95W00, 39N30.

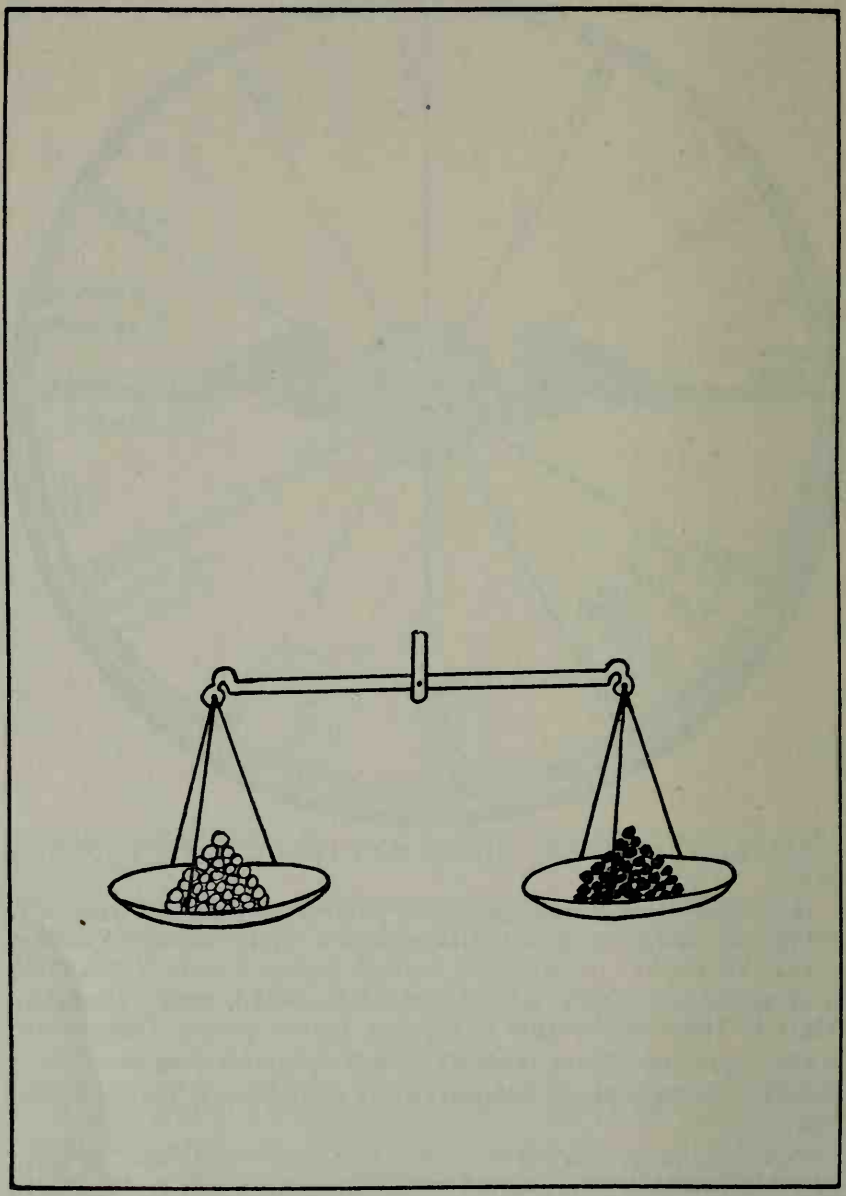
1915, graduated from high school: Mercury conjunction Jupiter *r.*
1926-28, charge of girls welfare work: Jupiter square Venus *r.*
1927-28, teacher of extension course: Jupiter square Venus *r.*

1928, June 17-18, first woman to fly Atlantic: Mercury conjunction Mars *p,* Venus semi-sextile Neptune *r,* Jupiter square Venus *r.*

1931, married: Venus trine Uranus, Venus trine Saturn.

1932, solo flight across Atlantic: Mars sextile Sun *r,* Jupiter square Venus *r.*

1937, March 17, took off on westward round-world flight: cracked up in Honolulu, no one injured but plane wrecked: Sun conjunction Mars *r* and Jupiter *r,* Venus conjunction Sun *r,* Moon conjunction Uranus and Saturn.



JUST HOW TO FIND A MENTAL ANTIDOTE

HEN the chemist possesses a compound which is unsuited to his purposes, to change its composition so that it will have properties more favorable to the ends he seeks, he proceeds to do one of two things: Through the application of conditioning energy he rearranges the same elements; as when he applies heat to Hydrogen Peroxide, driving off a portion of the oxygen, and obtaining Water. Both Hydrogen Peroxide and Water are compounds of Hydrogen and Oxygen, but with distinctly different properties. Or, he adds one or more other element to the compound, which uniting with one or more element in the original, changes its character entirely. For instance, if he wishes to obtain Nitric Acid which is widely used commercially, he can add Water to Nitrogen Pentoxide.

Likewise, when it is desirable to change the composition of a thought-compound in the astral body, so that the stellar-cells and stellar structures formed of it will have an entirely different influence upon the events they attract into the life, the same two methods are available: Either, through the application of conditioning energy, the thought-elements of the compound are rearranged; the process being termed

Conversion; or new thought-elements, termed Mental Antidotes, are added to the compound, which uniting with one or more thought-element in the original, changes its character completely.

Two thought-elements may have so pleasant an affinity for each other that whenever they are associated, by being in the same compartment of the astral body, they tend to unite in a compound. And because of this unusual attraction, when they are permitted thus to join, they develop spontaneously a certain amount of pleasant conditioning energy which thus enters the compound and influences the thought-cells and stellar structures formed of the compound. Thought-elements which thus tend readily to unite, and if no special conditioning energy is present, in uniting combine in a more or less harmonious compound, are said to be Mental Antidotes, each of the other.

Mental Antipathies also exist among the thought-elements. When the Aggressive thought-elements, for instance, occupy the same compartment of the astral body with the Safety thought-elements, although they do not readily combine, to the extent close association does cause them to enter into a compound, is there developed merely through this association, painful conditioning energy which enters the compound and influences the thought-cells and stellar structures formed of the compound.

How Antidotes Act.—An increasing number of deaths are caused each year through the effect of carbon monoxide gas, developed through faulty com-

bustion of fuel in automobile engines. An engine started, or left running, in a closed garage is responsible for some such deaths. Others are caused by the gas from imperfect connections, or from the exhaust, seeping up through the floor into the driver's compartment, or by the gas from a car on the road just ahead blowing back into the driver's face. As the gas is tasteless, odorless and colorless, the driver does not recognize his danger, is rendered unconscious, and permits his car to crash.

It can be shown, from ample statistical data, that the thought-cause which attracted the driver to the carbon monoxide danger, resided in a compound within his astral body in which the Utopian thought-elements were painfully united to other thought-elements. But the purpose here of introducing this quite modern danger, is to illustrate the effect of Antipathies and Antidotes when applied to the human system.

Carbon monoxide is not poisonous in the sense that arsenic, strychnine, and toxic compounds are. It is readily eliminated from the system when the living person is removed from the presence of an additional supply. Yet it requires a very diluted amount in the air we breathe to bring death.

The red blood corpuscles, although possessing consciousness, are quite unlike the white leucocytes. They are tiny sacks full of hemoglobin. And hemoglobin has a marked affinity for oxygen. During the passage of the red corpuscles through the lungs, they take on a load of oxygen, which a few moments later they deliver to the tissue cells, picking up, for

the return cargo to the lungs, carbon dioxide and other waste products.

But hemoglobin has a much stronger affinity for carbon monoxide than it has for oxygen. When, therefore, the air contains even small amounts of carbon monoxide, this unites with the hemoglobin instead of the oxygen. Without a fresh supply of oxygen the brain can retain consciousness only a few minutes; and other organs of the body can function only a matter of hours. That is, the carbon monoxide acts as an antipathy, when it combines with the hemoglobin. The person suffocates just as surely as he would if for the same length of time he were under water. And the treatment to relieve the condition is to use a pulmotor, or artificial respiration, just as in drowning. In fact, he is drowning, and if revived before life ceases, he suffers no more ill after effects than had he been immersed in water.

When, by means of the pulmotor, or natural breathing if it has not been completely suspended, the red blood corpuscles are furnished again with a supply of pure air, in their contact with the tissues they gradually relinquish their carbon monoxide, and the hemoglobin again combines with oxygen, carrying it from the lungs to the tissues. Pure air, even if it must be forced into circulation through the lungs by means of a pulmotor, is thus the natural Antidote for a dangerous carbon monoxide compound. Nothing else in the way of a remedy is required. If the heart continues to beat, circulating the blood, and plenty of pure air is furnished the hemoglobin of the blood, there is such a pleasant affinity between hemo-

globin and oxygen, that they combine in a compound wholly beneficial.

In a similar manner, each family of thought-elements has both its Antipathy and its Antidote in certain other families of thought-elements. But because the practice of Mental Alchemy is to relieve distress, and to form such thought-compounds in the astral body as will attract, through the activities of the stellar-cells and stellar structures composed of them, more fortunate events, our interest is more pronounced in determining the Mental Antidotes and how to apply them. Just what these Mental Antidotes are has been handed down to us through tradition from remote antiquity; but they have been amply verified through extensive modern research and experiment.

Antidotes Should Be Applied to Both Compartment and Stellar Structure.—The state of consciousness accompanying any physical or mental experience builds thought-elements of one or more family into the psychoplasm of the astral body. The thought-elements thus added move to, and are assimilated by, the compartment in the astral body related to the department of life with which the experience is chiefly concerned. That is, if the experience has chiefly to do with money, they move to the 2nd compartment; if it has to do with love affairs, they move to the 5th compartment; or if it has to do with credit and honor, they move to the 10th compartment.

This tends to bring them into proximity with other thought-elements already occupying the same compartment in the astral body. Such casual association

alone does not of necessity compel them to combine; but in the case of Mental Antidotes, the affinity is so strong that the slight additional association given by the purpose of applying a mental remedy is sufficient to enable these incoming elements to enter into the psychoplasmic compound of the stellar cells, thus changing their nature completely.

When the Mental Antidote for the particular affliction has been determined, it is then sound practice to cultivate harmonious experiences and harmonious thinking of its type in connection with the department of life—money, health, honor, friendship, etc., —for which the mental remedy is needed.

But in addition to this, the antidote should be applied directly to the Dynamic Stellar Structure chiefly responsible for the difficulty. If the discordant Dynamic Stellar Structure attracting the misfortune is chiefly composed of Safety thought-elements —mapped in the birth-chart by the planet Saturn— whenever Safety thoughts, feelings or impulses enter objective consciousness, it is good practice at once to think about and cultivate their antidote. That is, when fear, caution, acquisition, greed, or cold selfishness, are recognized in the thoughts or actions, other thoughts and actions should at once be cultivated relating to love, affection, art, beauty, and friendship, to take their place. The fact that the new set of thoughts and experiences are purposely developed to take the place in consciousness of the troublesome ones, associates them immediately with the thought-elements in the active thought-cells responsible for the difficulty.

Those very active groups of thought-cells forming a Dynamic Stellar Structure in the astral body, if they are the seat of a difficulty of any importance, are quite certain to influence not merely the experiences attracted, but also the objective thinking and feeling. And to whatever type they belong, whenever the experiences or thinking characteristic of them are present, if the experiences and thinking which constitute the Mental Antidote are then used in the effort to displace or alter them, these new thought-elements enter into combination with the ones causing the trouble.

The Dynamic Stellar Structure responsible for the difficulty to be remedied may be ascertained through a careful process of psychoanalysis; or through a careful observation of the habitual thought of the individual. The thought-cells of a stellar structure with energy enough to cause much difficulty in life, also are energetic enough to influence both unconscious trends of thought and the habitual objective thinking. But the most convenient method of determining the thought structure, the cells of which need a Mental Antidote, is through using the known Birth-chart Constants in connection with the birth-chart.

But whatever method is used to discover the thought-cause of the condition to be treated, the Antidote should be applied to the thought-cells in the compartment affected in the astral body, by associating the Antidote as harmoniously and as persistently as possible with that department of life; and it should be applied directly to the Dynamic

Stellar Structure through using it on all those occasions, which will be numerous enough to start with, when the thinking responsible for the difficulty gains recognition in consciousness.

Now let us consider, in the case of each family of thought-elements, just what thoughts and experiences should be sought, when it is the chief element in a discordant thought-compound, to afford the proper Mental Antidote:

Antidote for Discordant Power Thought-Cells.—When there is discord arising from a thought-compound in which the Power elements predominate, this is due to the influence of the other thought-element, or thought-elements, in the compound, and to the conditioning energy with which the elements combined. Therefore, the antidote for this other thought-element should be added to the compartment containing the Power thought-cells, and to the Power Dynamic Stellar Structure.

To add them thus to the Power Dynamic Stellar Structure, whenever thoughts are present relating to pride, firmness, conscientiousness, self-approbation, self-disapproval or self-esteem, thoughts of the character of the antidote of the other thought-element in the compound should be entertained. Also, experiences should be cultivated of the nature of the antidote of this other, and discordant, thought-element in the compound, with the purpose in mind of adding harmony and strength to the feeling of importance and accomplishment.

There can not be too much of the Power thought-elements in the astral body; and a great deal of fail-

ure in the lives of most people is due not so much to the discord in association with the Power thought-cells as to their lack of energy. That is, thoughts, efforts and other experiences relating to significance have been too few, and lacking in intensity, in the soul's past to build up these stellar-cells and give them the activity necessary for high accomplishment.

Their prominence does not prevent difficulties, nor their characteristic type of diseases, if they are composed of discordant compounds. But it does give ability, to the extent these Power thought-cells have acquired energy, to overcome difficulties. Statesmen and those who lead or govern others often have gravely discordant Power thought-cells; but they always have unusually energetic Power thought-cells. Those with such discords attract one difficulty after another, but are able to dominate them, until the discord attracts a physical disease resulting in death. Important men, because of the prominent yet discordant Power Dynamic Stellar Structure, very frequently die of heart failure.

To illustrate what I mean, consider the birth-charts and lives of three of our presidents: Theodore Roosevelt (Birth-chart in lesson No. 95) with Sun in 10th, conjunction Mercury, opposition Pluto, and trine Moon, went out of his way to find difficulties; but his Power stellar-cells were so energetic that he steadily gained in authority; yet he died at a time in life when many men are in their prime. Warren G. Harding (Birth-chart in lesson No. 116), with Sun conjunction Mars and Saturn, opposition Moon, and trine Uranus, was unsuccessful as candidate for

Governor, and as president died from ptomaine poisoning, typical of discordant Utopian thought-element compounds. Calvin Coolidge (Birth-chart in lesson No. 115), with Sun opposition Saturn, was frugal and accustomed to hardship, but the activity of his Power thought-cells gave him one political position after another, until he died from heart failure, typical of discordant Power compounds.

Almost any person who sets resolutely and intelligently about it can acquire some knowledge or ability that is outstanding in the community where he lives. He can do something that will secure the esteem of others, or at least, through benefiting the community, heighten his own opinion of himself. Working to such an end, if the difficulties are met with joy in accomplishment, this builds Power thought-elements into the astral body, adding to the vitality and to the importance of the life. Such effort is well worth while to any person.

Antidote for Discordant Domestic Thought-Cells.—In the home, where women and dependents are concerned, and in relation to the common people, the individual becomes more receptive to impressions than in most other avenues of life. That is, he is more negative to such influences, and whatever harmonies or discords are present find easier access to his astral body, and build into it thought compounds possessing such conditioning energy.

It has been found through experiment and observation that the Aggressive thought-elements have a peculiarly harmonious and powerful affinity for the Domestic thought-elements. Aggressive thought-

elements, ruled by Mars, are the most positive and energetic of all; just as the Domestics, ruled by the Moon, are the least positive. When the Aggressive thought-elements are added to any compound containing the Domestic thought-elements, they immediately enter into combination with the Domestic thought-elements; and the resulting compound, unless at the time discordant conditioning energy is added through some painful association, tends to be of a highly beneficial character.

I believe no thought-compounds give greater courage and daring, or mental activity, than those formed by a union of the Aggressive thought-elements with the Domestic thought-elements. Such a compound is mapped in the birth-chart by an aspect between the Moon and Mars; and, while attracting strife and a tendency to accidents, even a discordant compound of these two thought-elements has great possibilities for accomplishment. In other words, they are such perfect antidotes, each of the other, that in any compound they provide activities that cause their stellar-cells to attract a certain type of good fortune.

As illustrating this peculiar quality even when in compounds that are otherwise not harmonious, Theodore Roosevelt (Birth-chart in lesson No. 95) had Moon opposition Mars; Admiral Richard E. Byrd (Birth-chart in lesson No. 63), who was the first man to fly over both the north pole and the south pole of the earth, has Moon opposition Mars; Amelia Earhart (Birth-chart at front of this booklet), first woman to fly the Atlantic, has Moon

square Mars; Calvin Coolidge (Birth-chart in lesson No. 115) had Moon conjunction Mars; Benito Mussolini, Italian dictator (Birth-chart in lesson No. 2), has Moon conjunction Mars; and Franklin Delano Roosevelt (Birth-chart in lesson No. 204), has Moon conjunction Mars. These individuals all are noted for courage and daring as well as for high accomplishment.

To add these Aggressive thought-elements to the compartment of the astral body containing the Domestic thought-cells, this department of the life should be associated in the mind with activities which are deliberately undertaken for the protection of the weak and helpless and providing for those unable to care for themselves; activities that call for initiative, courage, and combat. Even taking the part of a mistreated dog is a step in the right direction.

To add these Aggressive thought-elements specifically to the Domestic Dynamic Structure, whenever thoughts enter the consciousness that relate to difficulties in the home, to difficulties with women, or to difficulties with the common people; these should instantly and completely be displaced by thinking about some episode in the life in which initiative and courage were exercised. Or the thoughts may be turned to some contemplated activity which requires initiative and courage.

Commonly the thoughts arising from activities of the Domestic Dynamic Structure are of a quality that, even though tumultuous in their emotional content, as soon as the emotion begins to subside, they leave the individual in a state of passive acceptance

of conditions. Such negativeness of attitude merely increases the power of the Domestic thought-compound to influence the life. And while it is poor technic to oppose any thoughts that are discordant to this negativeness; it is essential in correcting a Domestic thought-element difficulty with a Mental Antidote, that positive and aggressive, even war-like, thoughts should be substituted. When such Aggressive thoughts are thus substituted, their purpose of displacing the discordant Domestic thoughts is sufficient association to cause them to enter into combination with the thought-elements of the Domestic Dynamic Structure.

Antidote for Discordant Intellectual Thought-Cells.—The objective mind was evolved the better to adjust the organism to new situations through actions based upon examination and comparison. This process of examination and comparison when carried out by the objective consciousness, as well as the expression of the thoughts through speech or writing, is done at the expense of electrical energy generated in the brain-cells. That is, such thinking as adds Intellectual thought-elements to the astral body, is accompanied by vibrations of the physical brain cells, which in turn consume etheric energy.

The etheric energies thus set in motion flow from the brain as electric discharges over the nervous system, thus tuning the nerves in on corresponding astral vibratory rates, enabling them to pick up, radio fashion, such energies from the planets, from other radiating brains, and from the minds of those on the inner planes of life.

The more powerful the Intellectual thought-cells are in the astral body, even though combined in discordant compounds as indicated by inharmonious aspects to Mercury in the birth-chart, the more activity are they able to impart to the physical brain cells. Up to the capacity of the brain cells to stand the strain thus imposed upon them, even discordant Intellectual thought-cells are an asset to mental ability.

But because their activities imparted to the physical brain do thus so largely determine the habitual type of thinking and the habitual tendency of the nervous system to pick up broadcasted vibrations of a particular type and harmony or discord, which in turn affect the life in various departments through feeding energies into the thought-cells in various compartments, it is of utmost importance that the Intellectual thought-cells should be harmonious.

Faith, and the reliance on a higher power, relieve the Intellectual processes of their tendency to carry the whole burden of responsibility for what happens in life. They enable them to relinquish activity about matters beyond their power, and to concentrate the etheric energies of the brain toward the solution of essential problems. Over activity of the brain uses up more electrical energy than the brain-cells generate, and thus leads to depression. But steady, directed attention given to some selected problem leads to such exhaustion slowly in comparison to the irritation of numerous petty problems which come spontaneously, each one stimulating unregulated electric discharges over the nerves.

A benevolent attitude toward others, and a calm

and abiding faith that things beyond personal control will work out for the best, or at least some firm philosophy that may be thought about, adds the Religious thought-elements to the astral body. These antidotes should be added to the compartment of the astral body containing the Intellectual thought-cells through cultivating such benevolence, faith and philosophy in reference to the department of life they influence. And they should be added to the Intellectual Dynamic Structure through substituting such an attitude for the too insistent, or the discordant, thoughts that intrude in an effort to solve the problems which life constantly presents.

Antidote for Discordant Social Thought-Cells.— Love, affection and friendship, while not antagonistic to safety and self-interest, yet possess a vibratory quality which softens their hardness. Observation and experience show that excess of such emotional qualities, or their discords, are quickly and beneficially modified by the application of caution, system and forethought.

The Safety thought-elements are the mental antidote for the Social thought compounds. But in their application, if the resulting compound is to be truly harmonious, no element of selfishness, greed or fear should be allowed to creep in; for these discordant Safety thought-elements are so powerfully conditioned with discordant energy that they impart a loss-attracting activity to any thought compound into which they enter; even when combining with Social thought-elements if these also are discordant. Proper caution and foresight should be used not to attain

an undue advantage, but in the interest of strict justice, in the use of the Safety thought-elements as an antidote.

Also, because the Social thought-elements, mapped in the birth-chart by Venus, are so negative, in addition to the mental antidote they need, when discordant, Power thought-elements harmoniously applied to the compound. That is, pride, firmness and self-esteem should also be cultivated in association with them.

To apply the Safety thought-elements to the compartment of the astral body containing the Social thought-cells, the things of this department of life should be thought about with much care in the effort to discern how each course of action will affect them; and how they will ultimately affect oneself. Their influence upon the self-respect in particular should be noted, and courses of action decided upon which will be just, but which will not detract from the feeling of Significance.

To apply the Safety thought-elements to the Social Dynamic Structure; whenever discordant thoughts arising from affectional matters enter the consciousness, these should be displaced by thinking intently about caution, system, order, and persistent effort in connection with some work or enterprise that enables these thoughts to afford a feeling of pleasure.

The fact that emotional matters tend to intrude, and these cold and careful thoughts are used to displace them, even though the Safety thoughts are about something else, is sufficient association to cause them to enter into the same compound. And if the

thoughts dwell too persistently upon the emotional subject, while the thought-elements enter the proper thought-cells, they tend to become too charged with discord to give them a harmonious composition. The feeling at the time enables one to judge to what extent, in adding the thoughts of firmness and self-respect, as well as those of the Safety family to the compound, it is advisable to permit thoughts of the affectional object to be present.

Antidote for Discordant Aggressive Thought-Cells.—If it is in harmonious compounds, so that it will express in constructive activities instead of in those destructive, it seems impossible to have too much of the Aggressive thought-element in the astral body. Without it in ample quantity there is insufficient energy for worth while accomplishment.

But when as revealed by discordant aspects to Mars in the birth-chart, the Aggressive thought-cells contain painful conditioning energy, their activities are the source of strife, infection, accident and other misfortunes. Yet, as indicated already, they have a powerful and harmonious affinity for the Domestic thought-elements, which are their natural antidote.

To apply the Domestic thought-elements successfully to the compartment of the astral body containing the Aggressive thought-cells, thoughts of providing for the helpless, of making the domestic life more enjoyable for those in the home, and of taking care of their wants, should be associated with the department of life thus needing treatment. And to increase the potency of the process, some actual

work, having for object the caring for the helpless or providing for their welfare, should be undertaken.

To add the Domestic thought-elements more specifically to the Aggressive Dynamic Structure, whenever thoughts relating to strife, or generated by lust, anger or the feeling of antagonism enter the consciousness, a deliberate effort should be made to displace them with other thoughts relating to helping the weak and providing for the unfortunate. In this work of substituting Domestic thoughts, it will be found that the Aggressive thought-cells possess so much energy, once they are able to connect up strongly with the brain cells, as when lust, anger or irritation is present, that it is unwise to attempt to repress them.

Each individual should have some plan, project or work in which he finds spontaneous delight, and which at the same time contributes to the comfort of his family, or to the welfare of the old or young who are helpless. An active interest in some branch of social welfare work serves the purpose admirably.

With such a Domestic thought interest already well developed, it is not difficult, when lust, anger or irritation begin to be felt to switch the thoughts to this interest; and to divert the Aggressive energies being released into channel of construction. That is, if the energy being liberated is used to build something, instead of to tear down, it performs a useful work. And when it is present in volume, as is always the case when there is anger or lust, it is sure to express either destructively or constructively. If it is given some constructive work, this diverts it from

destructive activity. And if this work, either physical or mental, is undertaken for the benefit of children or others who are helpless, this adds the Domestic thought-elements to the Aggressive Dynamic Structure in the manner most suited to provide a satisfactory antidote.

Antidote for Discordant Religious Thought-Cells.—Placing too much reliance on faith, good luck and the protection of providence, instead of taking an adequate share of responsibility, is typical of the manner in which discordant Religious thought compounds express in the habitual attitude toward life. The stellar-cells embracing such compounds are mapped in the birth-chart by discordant aspects to the planet Jupiter.

While it unwise to ask the Intellectual processes to carry the whole burden of responsibility for what happens, it is equally in error to expect providence, or the good will of others, to shoulder the whole load. Yet there is so strong an affinity between the Religious thought-elements and the Intellectual thought-elements that whenever they are in each other's presence, unless they are associated painfully, they tend to combine in a pleasant and harmonious compound. Thus they are the natural antidotes, each of the other.

To apply the Intellectual thought-elements to the compartment of the astral body containing the Religious thought-cells, the things of the department of life thus affected by the Religious stellar-cells should be made the subjects of thorough study and careful

analysis. The critical faculties should be brought into play to determine the best course of action in every situation when these things constitute a factor. Feeling should be made subordinate to reason based upon careful examination. Snap judgments should be avoided.

The old astrological books hold that an afflicted Jupiter, more than any other planet, destroys the judgment. This is not because Jupiter rules the judicial faculties, but because discordant Religious thought-cells are able to displace reason and the critical weighing of factors, one against the other, with wish-inspired impulse.

To apply the Intellectual thought-elements to the Religious Dynamic Structure requires that over-optimism, the blind reliance on chance, and the tendency to permit things to take their own course in the hope that they will turn out all right, should be replaced by a careful examination of every situation in which impulse and enthusiasm urge either action or inaction. Many situations will arise in which a critical analysis of all the factors will reveal that impulse and enthusiasm were leading in the right direction. But aside from preventing actions based on faulty judgment, such procedure associates the Intellectual thought-elements with the elements in the Religious thought-cells responsible for the impulse, faith, or optimism, and thus builds a new and highly benefiical compound.

In applying the Intellectual thought-elements, care should be exercised that no feeling of distaste for the labor involved arises; for their proper application

requires concentration and, as electric forces generated by the brain cells are involved in the process, this rapidly consumes energy.

Antidote for Discordant Safety Thought-Cells.—In their expression, the Safety thought-cells are heavy and laborious. If harmonious and constructive in trend they are among the most valuable assets of life; but even when thus fortunate they are decidedly more beneficial when brightened and given vivacity through adding to their compounds the cheery Social thought-elements, which are the natural antidote. Furthermore, all thought-cells to the extent they contain Safety thought-elements in their composition, are negative, and therefore can be benefitted by adding to them Power thought-elements. When the Safety thought-cells contain painful conditioning energy, as revealed by discordant aspects to Saturn in the birth-chart, they in particular need both their antidote and the Power thought-elements added to them.

To add the Social thought-elements successfully to the compartment of the astral body containing the Safety thought-cells, pleasant social contacts, musical entertainment, or artistic trends, should be cultivated in connection with the various things relating to this department of life. The effort should be toward getting as much cheer, amusement and pleasant emotion as possible out of these associations. At the same time, to offset the tendency to negativeness which is always a menace—for when present it permits control by thoughts, forces and environment other than

of one's own choosing—there should be maintained, along with the pleasant emotion, a feeling of firmness, of energies slightly pressing outward, and of self-respect and significance.

To add the Social thought-elements more specifically to the Safety Dynamic Structure, a definite line of thought and action should be planned and followed, to be brought into use whenever fear, greed or worry is present in objective consciousness, and whenever there is a feeling of grief, disappointment or depression.

This plan of action requires the cultivation of some affectional interest which is not disappointing, the establishment of pleasing social contacts, or the development of an appreciation of music, art or poetry. If such associations are lively and merry, they are better than those that require reflection. That is, they should be in the nature of amusements or recreations, which have enough spontaneous attraction to banish the worry, disappointment, or other Safety thoughts from the consciousness.

Safety thoughts in particular, and to an extent other thoughts of negative quality, turn the interests of the mind upon the self. Hence it is requisite in causing them to enter into more favorable compounds that there is an interest outside the self which induces the energies to flow outwardly. And to insure that the energies do thus flow outwardly, instead of negatively permitting outside conditions to cause the flow to be reversed, it is good technic to maintain a feeling that the energies are slightly pressing outward, and to hold thoughts of power, vitality and self respect.

This negativeness which is common when Domestic thought-elements, Social thought-elements, Utopian thought-elements, Universal Welfare thought-elements, or Safety thought-elements are too prominent in the astral body is not confined to the stellar-cells but affects the electrical potential of the physical body markedly. The brain-cells generate electrical charges which make it positive to the rest of the body; the liver being the opposite pole, carrying the strongest negative charges. Fear, worry, grief, or other negative thoughts decrease this electrical difference between brain and liver, which means that they lower the vitality; for the vitality depends upon this electrical difference. It is quite possible to die of fear, worry or grief; for when the difference in electrical potential is no longer present, the battery that runs the body is dead, and the body can not function. Hence the necessity of applying the vitalizing Power thought-elements to keep the thoughts and brain from becoming too negative.

Antidote for Discordant Individualistic Thought-Cells.—The thoughts of the Individualistic family are an upper octave expression of the Intellectual thoughts, and have an equal capacity to tune the etheric energies flowing over the nervous system in on corresponding astral rates of vibration. And because they are upper-octave, and therefore have a shorter wave length, to the extent the Individualistic thought-elements are present in the thought-cell compounds of the astral body do they give the personal magnetism—which is etheric radiation—a

quality and intensity which others pronouncedly feel.

If the Individualistic thought-cells are powerful and harmonious, it causes others to be strongly, even violently, attracted; and gives the ability to sway others through magnetic power. Orators who influence public opinion markedly always have prominent Individualistic thought-cells. On the other hand, if the Individualistic stellar-cells are powerful and discordant, as mapped in a birth-chart by a prominent Uranus receiving inharmonious aspects, it attracts others who exert an undue and unfortunate influence over the life. That is, whatever fortune or misfortune is attracted through the activities of the Individualistic stellar-cells is associated directly or indirectly with a human agency.

Yet, even though the effect on the nervous system liberates shorter wave lengths due to electrical oscillations, and these short wave lengths broadcast more powerfully than those released from the nitrogen of the protein fraction of the nerve cells by the action of the Intellectual thought-cells, the antidote is the same. It consists of applying the Religious thought-elements.

To apply these Religious thought-elements to the compartment of the astral body containing the Individualistic stellar-cells, the things of this department of life should be viewed with a greater spirit of give and take; of greater tolerance for the views and shortcomings of others in reference to them, and with a broad and optimistic philosophy which places much reliance on higher powers to cause things to work out as they should.

To apply the Religious thought-elements more specifically to the Individualistic Dynamic Structure; whenever thoughts enter the consciousness as to the desirability of destroying the old for something new and untried; especially if the thought of existing conditions gives rise to a feeling of dissatisfaction; displace such thoughts by thinking about higher powers which all in their proper time bring these changes necessary for progress. Turn the thoughts from the dissatisfying condition to the highest type of religion that has been contacted, whatever it may be.

Antidote for Discordant Utopian Thought-Cells.—The Utopian thoughts also are upper-octave expressions. They are shorter wave lengths, but otherwise similar in characteristic, to the Social thoughts. But because they are negative they do not radiate powerfully from the nerves as do the Individualistic thoughts; but instead give the nervous system unusual sensitiveness to other vibrations. This magnified sensitiveness tends to a like magnification of the importance of what is received. That is, the activity of the Utopian thought-cells gives an undue reality to fleeting and evanescent impressions, and exaggerated expectations, whether these be beneficial or detrimental.

In addition to applying the Safety thought-elements as an antidote, because they are so negative, an effort should also be made to add the Power thought-elements to the Utopian thought-element compound.

To apply the Safety thought-elements to the compartment of the astral body containing the Utopian thought-cells, the things of this department of life should be thought about with much care in the effort to discern how each course of action will affect them; a special effort being made not to magnify the importance of these influences, and thus to avoid ultimate disappointment. Also, their influence upon self-respect and significance should be studied, and a more positive attitude toward them should be cultivated.

To apply the Safety thought-elements more specifically to the Utopian Dynamic Structure; whenever ideas involving projects of great magnitude, or whenever impressions which seem of much importance enter the consciousness, these should be displaced by thinking carefully about what is, and what is not, practical in the light of past experience.

Discordant Utopian thought-cells, mapped in the birth chart by inharmonious aspects to the planet Neptune, in particular tend to a negative, dreamy state of consciousness to which should be applied both the hard, concrete, practical facts of the Safety thought-elements; and, to give more vigor, the vital, courageous, thoughts of application to detail as an aid to realizing a practical significance instead of attaining that significance only in the wish-fulfillment of imagination. Even the harmonious Utopian thought compounds will be benefitted by applying to them both the Safety thought-elements and the Power thought-elements in painstaking concrete endeavor; as always the Utopian thought-cells tend to gain satisfaction too largely through imagination.

Antidote for Discordant Universal Welfare Thought-Cells.—The thoughts of the Universal Welfare family are an upper-octave expression of the Domestic thought-elements. They are those of the family expanded to embrace a still larger group, which in its highest expression includes all living things, wherever found. The expression of the Universal Welfare thought-cells releases the highest-frequency short wavelengths which lightning, when it tore asunder the pairs of nitrogen atoms of the atmosphere, stored in the nitrogen which became the nucleus of the nerve cells. These shortest of wavelengths developed in the brain and nervous system, while they do not affect the personal magnetism in the readily recognized way that those of the Individualistic thought-cells do, give the nerves both greater range in broadcasting and the most efficient type of receiving set to pick up broadcasts from other minds, whether those minds are incarnate or discarnate.

The nervous system is specially adapted to broadcasting and clear reception of thoughts; and is not so sensitive to impressions as when the slightly longer wavelengths of the Utopian thought-cells are the dominant influence. Because the natural antidote, the Aggressive thought-elements, are so positive, even though the Universal Welfare thought compounds are quite negative, they do not require the application of the Power thought-elements.

To add the Aggressive thought-elements to the compartment of the astral body containing the Universal Welfare thought-cells, some ~~actively~~ activity requiring

positive work and initiative should be undertaken in association with the things of this department of the life, which will benefit a large and deserving group. The Aggressive thought-elements are very easily applied to such discordant thought-cells, mapped in the birth-chart by inharmonious aspects to the planet Pluto, merely by going into some active campaign for the benefit of society as a whole, or some worthy part of it.

To add the Aggressive thought-elements more specifically to the Universal Welfare Dynamic Structure, whenever thoughts enter the consciousness relating to psychic difficulties, or to difficulties with some group, they should be immediately displaced by thinking about some episode in the life in which initiative and courage were exercised. Or the thoughts may be turned to some contemplated activity requiring initiative and courage. The difficulty, whatever it may be, should be completely banished from the consciousness by Aggressive thoughts that have for their object worthy attainment or construction of some kind. The circumstance that these thoughts are deliberately cultivated to supplant the discordant Universal Welfare thoughts is sufficient association to cause them to enter into the compound where these are located.

JUST HOW
TO APPLY A MENTAL ANTIDOTE

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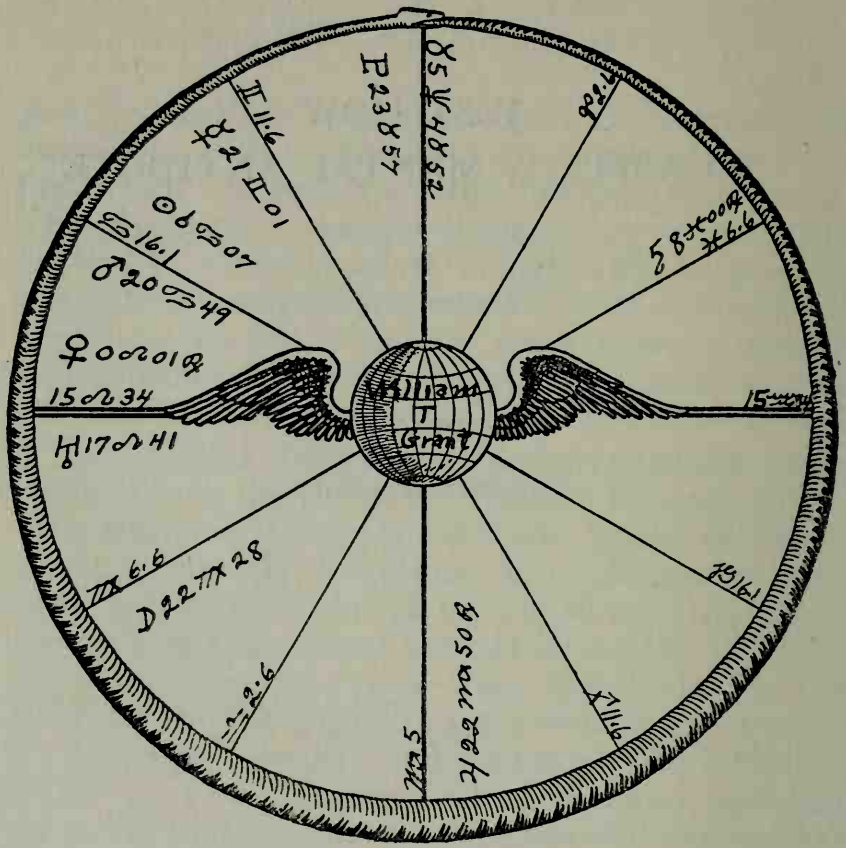


WILLIAM T. GRANT, June 27, 1876, 7:47 a.m., L.M.T., 71 W05, 42N20.

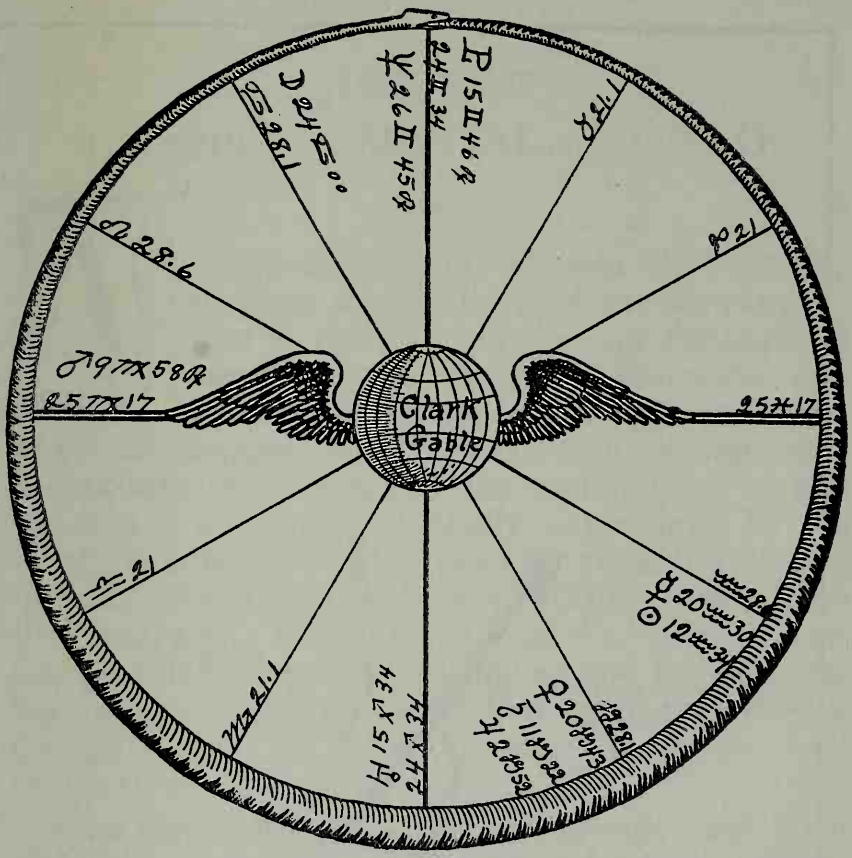
Founder and owner of W. T. Grant and Co., Chain Department Stores, operating on a 25 cent to one dollar plan: Moon (silver) in house of money (2nd), acting as Conciliator between Pluto opposition Jupiter, and sextile Mars.

375 stores in the chain: Pluto, planet of mass activities, in house of business (10th).

1929, sold over 75 million dollars worth of goods: Venus, co-ruler of 10th, semi-sextile Uranus *r*.

1930, earned over three million dollars profit and added 60 new stores to chain: Venus making growth (semi-sextile) aspect to Uranus.

1931, trip to London: Sun parallel Neptune, ruler of 9th.



CLARK GABLE, February 1, 1901, 8:50 p.m., E.S.T., 81W00, 40N15.

1903, parents moved: Sun sextile Uranus *r*, trine Pluto *r*.

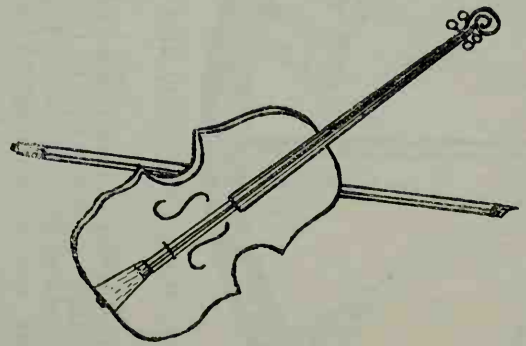
1918, traveled widely: Mercury square Uranus *r*, square Pluto *r*.

1922, stock company in which he played failed, worked at various things, girl refused him in marriage: Venus in 5th semi-square Jupiter *r*.

1933, now the most popular male movie star in America, he received strange extortion letters: Sun square Uranus *r*, Sun square Pluto *r*.

1935, attempts at extortion became more vigorous: Mercury square Uranus *r*, square Pluto *r*.

1937, government convicted his extortionist of mail fraud: Mars sesqui-square Saturn *r*, sextile Neptune *r*.



JUST HOW
TO APPLY A MENTAL ANTIDOTE

LL organic activity, whether that activity expresses chiefly on the three-dimensional plane or chiefly from the four-dimensional plane, is due to releases of desire energies by the thought-cells and thought structures of the unconscious mind. Whether such releases bring events into the life which are fortunate or events which are disastrous is wholly determined by the direction in which the desires of the thought-cells and thought structures have been Conditioned to release their energies. The work of mental alchemy, therefore, is chiefly that of Conditioning and Reconditioning desires in such a manner that when they release energy it will be in a direction to attract only fortunate events.

Experience stores in the stellar-cells and four-dimensional structures energies of specific kinds. Some, belong to the Aggressive family, seek strifeful activity; some, belonging to the Religious family, strive for expansive activity; some, belonging to the Power family, impel to actions that influence significance; and so so with the other seven families. We call this desire energy derived from a certain type of experience an Urge. And the nature of the Urges can not be changed. That is, we can not change a Power Urge into a Safety Urge, nor a Social Urge into an Intellectual Urge. Each type

of thought-element always expresses through its characteristic type of thought activity.

But by association with another thought-element its desire-energy can be made to perform a quite different than usual type of work. Hydrogen, for instance, always expresses as hydrogen, and never as oxygen. Both are highly inflammable gases. When brought together under certain conditions they explode. Yet when otherwise Conditioned they unite as water, a combination which commonly is used to extinguish fire rather than to produce it. Thus also can thought-elements be joined to do a work that neither can do alone; and which both combined are not capable of performing except when they are properly Conditioned.

The joining of thought-elements so that they combine as a thought compound within the astral body, and thus become added to the psychoplasm of the thought-cells, is under the same law which governs all mental processes, that is, the LAW OF ASSOCIATION. Thoughts or mental images are related to each other only through Resemblance or Contiguity. And all thinking, either by the objective consciousness or by the unconscious mind, is due to the affinity or antipathy of the desire energies of thought-cells and images released through a chain of ASSOCIATIONS in which Resemblance or Contiguity play the important part.

Either because they are in the same proximity of space or time, or because they are similar or dissimilar, mental images, thought-elements, and other

mental factors are united in the mind, and consequently when opportunity for energy releases occur, express their energies together. We thus remember one event because, through Resemblances or Contiguity, it is joined to another event or thought which has been before consciousness. And because we know that experiences thus enter into union with other experiences or with the thought factors already present in the unconscious mind according to this universal mental law, we know just what to do to cause a thought or experience to enter into a mental compound with another thought or mental factor.

Whenever we think about the likeness or unlikeness of something now before the attention to some experience, mental image, or thought that has entered consciousness on a previous occasion, we unite that which we are now thinking about to the earlier mental factor through Resemblance; and because now, in order to think about the resemblance both must be before consciousness, we unite them also through Contiguity. Even if the thought of similarity or contrast is absent, merely to think of the two experiences, images, or thoughts at the same time unites them by Contiguity.

As these are the only two ways by which thought factors are ever united, or thought-elements joined in a mental compound, it is obvious that when we desire to build a compound after a predetermined pattern we must employ one, or better still as giving a more powerful union both, of these two methods,

That is, to cause a thought or mental image to combine with another thought or mental image, both should be thought about at the same time, and their similarity or dissimilarity considered in detail.

Whatever thoughts, therefore, have been built into the unconscious mind in the past, and now form a portion of it, can be made to enter into combination with any other family of thoughts merely through thinking about them at the same time, and comparing them as vividly and energetically as possible. In fact, whatever compounds now are present in the thought-cells and thought structures of the unconscious mind, and which are entirely responsible for the events which come into the life, have been formed in precisely this way. There is no other manner in which they can be formed.

But accompanying every experience, in addition to its family energy, that is, which designates it as Aggressive, Utopian, Intellectual, etc., there is the energy of feeling. And it is this Conditioning energy, this quality of pleasure or pain, which determines the direction in which the energy will work when it finds opportunity for release.

As explained in lesson No. 96, the type of compound formed when two thoughts are united through the LAW OF ASSOCIATION depends entirely upon, not the family energy of their thought-elements, but the quality and volume of feeling which accompanies their union. It is this feeling energy which Conditions their desires to strive to express

in a certain manner. Each thought-element has its own manner of expression. But when united with other thought-elements it is the pain or pleasure, and its kind and intensity which determines whether, when it has opportunity to express according to its family, it desires, and consequently works for, those things which are detrimental, or for those which are beneficial.

There are ten different types of compounds into which it is possible for almost any two of the families of thought-elements to enter. They are thus different because the volume or quality of the pleasure or pain which accompanied their formation is different. But broadly speaking, they are classed either as harmonious compounds or as discordant compounds. Harmonious compounds are formed when the Conditioning energy accompanying their formation is that of pleasure. Thought-cells embracing such compounds work from the four-dimensional plane to attract fortunate events into the life. Discordant compounds are formed when the Conditioning energy accompanying their formation is that of pain. The thought-cells embracing such compounds work from the four-dimensional plane to attract unfortunate events into the life.

General Principles to Be Followed.—If, as readily can be demonstrated is the case, the power of thought-cells to bring into the life events which are unfortunate is not due to the families to which the thought-elements in the compound belong, but is entirely due to the Conditionining energy with which

the thought-elements were joined, it is obvious that if the Conditioning energy is changed the misfortune will be changed.

It is not the family energy which causes thoughts to join in a compound, it is the Conditioning energy, the feeling of pleasure or pain which is coincident with Resemblance or Contiguity. The LAW OF ASSOCIATION which governs all mental processes is the feeling which is present when mental factors are Contiguous or are Similar or Dissimilar. That is, the LAW OF ASSOCIATION is an expression of pleasure-pain relations. In various shadings and diverse degrees these are the only relations the mind can possibly recognize. Thoughts are the reproduction in consciousness of sensations, as is fully explained in lesson No. 57.

Whatever the Conditioning energy which accompanied the formation of a thought-compound, if that thought-compound is to be Converted into a compound the thought- elements of which are united by a different type of Conditioning energy, these elements must be treated with the feeling of pleasure or pain in volume and intensity sufficient to completely alter their relation one with another. Yet as their present form of union is determined exclusively by the feeling energy imparted to them at the time of formation, if feeling energy in greater intensity and volume, but of another kind, can be applied to them it will, of necessity, break down the old compound and rearrange the elements in a new com-

pound such as this latest and strongest Conditioning energy indicates.

Thoughts are not isolated units, but when thoughts of one family are present in consciousness, thoughts of some other family also commonly enter the consciousness through the LAW OF ASSOCIATION. Nor have the events of the past been isolated one from another. One kind of occurrence usually has been coincident with events which relate to another family of thoughts. Thus have the compounds within the unconscious mind been built. And because such compounds express in characteristic thoughts and actions, and because the most powerful of them are mapped by the aspects in the birth-chart, there are two methods by which the compound responsible for a condition in the life can be ascertained.

Careful observation reveals that the individual who customarily has one kind of fortune relative to a certain department of life habitually thinks about this department of life in a manner quite differently than does the individual who has another kind of fortune relative to it. I mean that close association with those who attain high honors shows that their usual manner of thinking about honor has been very different than those who merely desire high honors and never attain them. And that those who make a success of marriage, have a different attitude toward marriage and the domestic partner than do those who suffer severly through matrimonial relations.

Not only so, but at those particular times in the

life when fortune or misfortune is attracted, those closely associated with the individual discern, even before the event has transpired, that the thoughts and attitude of the individual have changed. Even those events which apparently come out of a clear sky and with no warning, are immediately preceded by a change in the thought processes; and people taken into the person's confidence note the mental change that has taken place.

To illustrate by the disease which, next to heart trouble causes most deaths and so far has offered the most stubborn resistance to physical remedies: People who are subject to fear, envy, greed, grief, worry or extreme self-centeredness in their thinking are the only ones who ever have cancer. This does not mean that people who develop cancer are always selfish: for worry, grief, fear and sorrow often arise from an intense interest in others.

We know that only people who habitually have such thoughts are predisposed to cancer because of intimate observations of a great many such persons; and because we have analyzed the birth-charts and progressed aspects of 100 persons who developed cancer. We can not say that a person who has a prominent and afflicted Saturn in his birth-chart will have the disease known as cancer. But we can say quite definitely that a person in whose birth-chart Saturn is not thus prominent will not have cancer; and that he will not become a slave to worry, grief, fear, envy, greed or self-centeredness. In all the charts examined of those who have had this disease,

there is not one without this powerful influence of Saturn. And extensive observation has also indicated that only when Saturn is thus prominent does the person develop this type of discordant thinking.

When this birth-chart position is present, we are warranted in saying that the individual has a predisposition toward cancer, and that given certain conditions the disease will become a reality. Yet some persons who have a prominent and afflicted Saturn do not acquire the disease. That is, they never permit fear, grief, worry, or self-centeredness to dominate their thinking sufficiently that the disease gets a foothold.

We do know from ample observation that a prominent and afflicted Saturn indicates one who thinks about caution, safety and acquisition. The thought-compounds in which the Safety thought-elements are dominant are so active that there is almost a constant release of the desire energies of the thought-cells containing them. Thus the thoughts and actions are constantly colored by the desire for safety in its many forms. But these Safety Urges, which are so powerful that they can not and should not be repressed, if wisely directed can find an ample and satisfactory outlet through careful planning, system, order, persistence, elimination of waste and hard work. Yet when they are thus energetic, and no special training is imposed to divert them into strictly constructive channels, they easily acquire the habit of expressing as fear, worry, greed or self-centeredness. And if they do, the individual becomes

definitely predisposed into the direction of cancer.

At the time cancer develops, there is always a progressed aspect to Saturn, within one degree of perfect; very frequently a progressed aspect to Saturn from the Sun. And from observation, we know when people come under a progressed aspect to Saturn, especially if Saturn is prominent and afflicted in the birth-chart, that responsibilities or losses are attracted which, unless some other trend of thinking is deliberately cultivated, bring fear, worry or grief.

In other words, we know quite positively that the planetary positions in the birth-chart which give a predisposition to cancer, also give a predisposition toward discordant and contractive thoughts of fear, self-centeredness, worry and acquisition. And at the time the disease develops these same discordant thoughts and emotions are more than usually dominant in the person's life. Clinical observers report that preceding cancer the patient almost always has suffered a loss, often where the affections are concerned, to which he is unable to become inwardly reconciled. He is unable to relinquish the desire for that which has departed.

We are justified, therefore, especially as these thoughts are recognized to have a profound effect upon the adrenalin secretions, and therefore upon the chemical composition of the humors in which all the cells of the body are bathed, in stating that fear, worry, greed, self-centeredness, and especially acquisitiveness which inwardly holds to that which has

been lost, and grieves for it, are the thought-cause of cancer, and always are unusually dominant just preceding the development of the disease.

Or to take another familiar and easily observable example: Blood poison attacks only those who habitually have thoughts of anger, lust, irritation, or strife; and immediately preceding such an attack those associated with the individual note that he is unusually prone to anger, irritation, lust or combat.

Although the observational work, and statistical research, has not been completed in reference to all the many types of happenings that are attracted into people's lives; the extensive work that has been done indicates that not merely covering the 160 diseases, the birth-chart and progressed constants of which are stated in Course XVI, but that for all the more common events that people experience, both the habitual kind of thinking responsible for the event, and the thinking which became unusually active just preceding the event, and which attracted it at that time, can be pointed out in a similar manner.

Research work and statistical studies covering thousands of birth-charts, and the progressions present at the time events occurred, make it certain that whenever any event which is unusual enough to the individual to be considered important by him occurs in his life, there has been an increase in some corresponding kind of thinking.

The normal thought-cell activities for each of the twelve departments of life are different with each

individual. These activities determine the normal, or usual, prominence and fortune of the life in each department. The amount of money earned, the honor attained, the health, or the success in love, normal to one individual may be far above that of another because his thought-cells are capable of releasing desire energies in sufficient volume, intensity and harmony to attract such fortune. They may even normally be above what another individual attains at the most fortunate time in his life. It all depends upon the thought-cell activity relative to the department of life.

But, whatever the normal fortune or misfortune, due to the habitual thought-cell activity and the habitual method of thinking which accompanies it, we now know that events which by the individual are considered important because they are somewhat better or worse than his normal, never come into his life except at a time when his thoughts are stimulated in a particular way, as mapped by a major progressed aspect leading into the house of the birth-chart ruling the department of life affected. And such a progressed aspect, as much observation demonstrates, is invariably accompanied by a definite change in the kind or intensity of the thinking, unless it is recognized and an effort made to think in a more fortunate manner. But when a different type of thinking is deliberately cultivated at the time, the event which otherwise would be attracted, does not come into the life.

To use cancer to illustrate, not merely the cause and prevention of that disease, but the cause and pre-

vention of any other misfortune: The habitual worry, fear, anxiety, self-centeredness, or greed is the expression of thought compounds in the astral body in which the Safety thought-elements combined with a smaller amount of other thought-elements under the influence of distressing Conditioning energy. Because pain was built into the thought-compounds, whenever the desire-energy finds opportunity for release, either in thought or in action, it moves in the direction of discomfort.

As released in thought it expresses painfully as worry, fear, anxiety, greed or self-centeredness; and the new energy acquired from such objective recognition is added to the thought-cells from which they gained their impetus. Thus a vicious circle is formed, in which through the attention given their thought-expression, discordantly compounded stellar cells acquire additional energy with which to perform their type of work.

But if, whenever there is a tendency toward fear, anxiety, worry, greed or self-centeredness, the individual thinks about the matters that give rise to these thoughts harmoniously, developing a feeling of pleasure in using system, order, persistence and hard work to accomplish things which are beneficial to others, this feeling will gradually Recondition the Safety thought-elements within the compound. Then their desire energies will cease seeking to express in thought as fear, worry, and anxiety, and will seek to express through ambitions which are pleasantly linked with the welfare of others, and which are unassociated with discordant thoughts.

Furthermore, as the events attracted into the life are due to the work of the thought-cells on the four-dimensional plane, these Safety thought-cells will now, because of the harmonious desire energy they contain, work to attract into the life only conditions that are favorable to the individual, instead of the losses which they attract when they feel distress.

A thought-compound, whether chiefly of the Safety thought-elements or chiefly of some other thought-elements, commonly also contains the thought-elements of some other family. That is, the Safety elements may be combined with the Aggressive elements, the Power elements, or with any of the other elements. They have been built into the unconscious mind together. Such combinations are clearly indicated in the birth-chart, and also can be clearly recognized in the thinking.

That is, if the fear, worry, anxiety, greed, or self-centeredness, when it arises into conscious thought, relates to strife and combat, we may be sure the Aggressive thought-elements are inharmoniously present with the Safety thought-elements in the combination. If the fear, worry, anxiety, greed, or self-centeredness, when it enters the conscious thoughts is related to religion or philosophy, we may be sure the Religious thought-elements are part of the compound. If when it enters the conscious thoughts it is related to intellectual attainments, the Intellectual thought-elements are involved. If it is related to women and domestic problems, the Domestic thought-elements are present. If the thoughts

of worry, fear, greed or self-centeredness have to do with superiors, the male sex and the exercise of authority, the Power thought-elements are part of the compound. If they relate to affectional matters, the Social thought-elements are involved; if they relate to ideals and visionary schemes, the Utopian thought-elements are involved; if they relate to independence of thought and action, the Individualistic thought-elements are present; and if they relate to co-operation or coercion, the Universal Welfare thought-elements are inharmoniously contained in the compound.

In the same way, if thoughts of anger, lust, irritation, or strife, when they arise into the conscious thoughts, relate to religion or philosophy, it indicates that the Aggressive thought-elements have combined with the Religious thought-elements; if when they arise into conscious thought they relate to women and the home, it indicates the Aggressive thought-elements are in a compound with the Domestic thought-elements. And in this manner, by recognizing the family to which the thoughts that possess the most feeling energy, and therefore indicate the most important element in the compound, belong, and about what they relate, as indicating the other family of thought-elements in the compound, can be determined the thought-elements of any compound through its expression in thought.

But these thought-compounds also are in definite compartments of the astral body. This determines the department of life experiences with which are

responsible for the compound's formation, and the department of life affected by the release of their desire energies. Therefore, if the thought when it arises into consciousness is associated with the welfare of the physical body, this indicates it has its source in a compound in the first compartment; if the thought when it arises into consciousness is associated with money or personal possessions, this indicates it has its source in a compound in the second compartment; if it is associated with brethren or studies, it indicates it has its source in a compound in the third compartment.

In order to apply the principles of Conversion or Antidotes it is not necessary to possess a birth-chart or to know the progressed aspects at the time, although these are very helpful. The cause of difficulties in any department of life can be ascertained from the discordant thoughts which come into the mind when its affairs are before consciousness; the families of thoughts which thus arise into objective consciousness indicating the thought-elements within the compound causing the trouble.

To reach these thought compounds, therefore, it is only necessary to think thoughts with the purpose of using them to displace, or add to, other definite thoughts, such as to displace the fear of the Safety Urges, the antagonism of the Aggressive Urges, or the disruptiveness of the Individualistic Urges. The fact that the new thoughts and those of the old compound are in the consciousness simultaneously is sufficient, under the LAW OF ASSOCIATION, to

cause them to unite. Or they may be reached merely by thinking about the department of life as affected by the thoughts held in consciousness. This adds them to the same compartment of the astral body. And as this thinking is done for the definite purpose of changing the thought compounds in this compartment, the new thought-energy and the new thought-elements are added to the proper compound.

Conversion.—Bearing in mind that Conditioning energy, that is, the feeling of pleasure or pain, is entirely responsible for the type of compound formed; when it is desired merely to rearrange the thought-elements within a compound without adding thought-elements to it of another family, it is apparent that the essential thing is to add pleasant feeling energy to the compound in as much intensity and volume as possible. The thought-cells work the way they do because their compounds have been Conditioned by pain. Therefore, to get them to work just as energetically to bring fortunate events into the life, they must be thoroughly Reconditioned by pleasure.

While the characteristic trend of any family of thought-elements can not be changed, each family can express this characteristic trend either constructively or destructively. Therefore, the first essential in Conversion is to recognize both the destructive and the constructive thoughts that belong to the families of thought-elements within the compound to be converted. Then, whenever the thoughts enter consciousness expressing the destructive, or discordant trend, they should resolutely be converted, through

as pleasant associations as possible, into thoughts expressing the constructive, and therefore, harmonious trend.

This process of diverting strong desires to release their energies in a manner characteristic of their own urge, yet through a better channel of expression, the psychologists call Sublimation. As explained in lesson No. 60, to sublimate a primitive desire so that it will find greater satisfaction in a socially acceptable expression, as many pleasurable qualities should be associated with the wished for expression as possible. And the Conversion of a thought-compound, so that the stellar-cells embracing it will work as desired, follows the same general principle. In either case there is a Reconditioning through making the new expression more highly pleasurable than the old.

The technic of Conversion is more difficult than that of Mental Antidotes, because whenever the department of life which is thus to be treated comes to mind there is a tendency, due to the thought compounds in it, to feel and think discordantly. And because whenever the thought families that need conversion come into the consciousness, their painful releases of desire energy tend to stimulate the same kind of thoughts which are responsible for their formation. That is, the thoughts and Conditioning energy which have been built into the thought compound, tend to release their energies in similar thoughts and similar feelings.

To overcome this difficulty, a distinct and intensely pleasurable emotion must be cultivated whenever one

succeeds in substituting the harmonious and constructive expression of the thought family for its detrimental expression; whenever one succeeds in thinking harmoniously about the things represented by the two thought families in their relation to each other; and whenever one succeeds in thinking harmoniously about the department of life over which the thought compound has influence.

One, can not, however, just command oneself to feel a particular emotion with any assurance it will then be felt. Enjoyment is a Conditioned response. But each individual has various powerful desires straining for satisfaction, the release of which, even through thinking about their fulfillment, is accompanied by a feeling of joy or intense pleasure.

It is also true that thinking about the realization of these insistent and irrepressible desires, whatever they may be, builds thought-elements relating to their family, into the thought compounds with which they are mentally associated. But as used in Conversion, their function is more artificially to prime the more stable Conditioning energy which is to be permanently built into the compound and rearrange its elements.

Everyone possesses ambitions or wishes the realization of which he believes would bring intense enjoyment. And it is no difficult matter to think that the constructive and happy expression of any thoughts and actions belonging to any family of thought-elements can effectually be made to aid in such real-

ization. That is, recognizing that fear, greed, worry, anxiety and self-centeredness detract from health, efficiency and success; it is not difficult to perceive, and think about it, how careful planning, system, order, persistence, elimination of waste, and hard work will assist to realize almost any fond hope. Or recognizing that anger, lust, irritation and strife attract enmity and opposition, it is not difficult to perceive, and think about, how initiative, courage and constructive measures will aid in the realization of almost any desires.

Nor is it difficult to perceive and think about, how the things relating to two thought families, in their relation to each other, if properly harmonized and blended to mutually aid each other, also can be made to assist in the realization of almost any desire. And thus through thinking about their blending while also thinking about the pleasure to be derived from the realization of the strong desire, this pleasurable Conditioning energy will be added to their union.

Or take any department of life, such as is mapped in a birth-chart by a definite house over which a certain planet has rule. It is not difficult to perceive and think about how a more pleasant and optimistic habit of thought in relation to it will assist in the attainment of some fond desire. Thinking about its affairs at the same time one thinks about the pleasure that could be derived from the realization of the fond desire, adds the Conditioning energy of the fond desire to the thought-compounds within the section of the astral body thus designated.

To apply the processes of Conversion, one must first determine the compound the thought-elements of which need to be Reconditioned. Next one should determine the constructive expression of these thought-elements, the manner in which they should be reunited harmoniously to give the desired result, and the department of life chiefly affected by them. Then should be formulated a plan by which, through artificial association in the processes of thinking, the constructive expression can be associated with the pleasant realization of various strong desires; by which the proper combination of thought factors can be associated with the pleasant realization of these strong desires, and by which the department of life chiefly affected by the thought compound can be associated with the pleasant realization of these strong desires.

These artificial associations, however, while adding both pleasant Conditioning energy and thought-elements to the compound, are not to be considered as the permanent habits of thought by which the Reconditioning is completed. They are just the priming.

After the habit has been artificially established of feeling pleasure in the constructive expression of the thought-elements, they will be so strongly Conditioned to feel pleasure when thus expressing, that there will be no need to continue to associate them with the realization of other desires. As explained in lesson No. 59, Sir Isaac Newton had no spontaneous attachment to numbers; but their association with the pleasant realization of strong desires finally

developed a pleasure in the exercise of mathematical ability. Nor was Abraham Lincoln, as explained in lesson No. 59, born with a sympathy for all men. He acquired it through the artificial association of thoughts of other people with his love for one woman. Yet, when the feelings were once established, he required no thought of that early lost love to bring forth his kindliness. He had become so Conditioned that the exercise of kindness toward all creatures was a source of constant joy.

When the Discordant Stellar Compound is Composed of Mental Antidotes It Can Be Effectively Changed For the Better Only By Conversion.— When the thought-compound to be changed is mapped in the birth-chart by Mars discordantly aspecting the Moon or Pluto, Jupiter discordantly aspecting Mercury or Uranus, or Saturn discordantly aspecting Venus or Neptune, as the thought-elements within the compound already are antidotes, what they need is to be changed in their mutual relations. Such change, even though in the process further antidotes are added to the compound, is chiefly that of Conversion.

Even without a birth-chart to afford guidance, the habitual trend of thought in reference to certain factors in the life will indicate when such mental antidotes have combined, through the discordant Conditioning energy coincident with their formation, in a detrimental thought compound. But however ascertained, due to the fact that the elements in the compound are mental antidotes, such discordant com-

pounds are the easiest of all to change into harmonious compounds. Given a little encouragement, in the way of new and pleasant Conditioning energy, and such elements will rearrange themselves as desired. They yield most readily to the process of Conversion.

Mental Antidotes.—Mental antidotes are more easily applied effectively than the process of conversion, because the family of thoughts that are cultivated to overcome the difficulty is different, and consequently not already associated with discordant Conditioning energy where the special compound to be treated is concerned. When thinking and experiences of the nature of the antidote are substituted for the old type of habitual thinking and feeling, there is no pronounced resistance to any pleasure effort is made to develop.

In the endeavor to rearrange the thought-elements within a Safety compound, if that compound has had built into it much distress, it is difficult to think about the things to which it relates in terms of persistence, economy, hard work and system without at the same time experiencing the distress stored by past experiences in the compounds. By artificial association with other pleasurable releases of desire energy it is possible to do so, and thus alter the compound through Conversion. But this is less easy than to think about love, entertainment, social matters and friendship as contributing something highly pleasurable to the life, or even to the things related to the Safety compound.

As explained in detail in lesson No. 97, each family of thought-elements can express destructively,

and thus attract misfortune, or it can express constructively, and thus attract good fortune. And in the application of mental antidotes, no less than in conversion, the thoughts and feelings should be exclusively those of the constructive side of the thought-element's expression. The difference between the two methods is not in the manner in which the thoughts are applied, so much as that the family of thoughts used to accomplish the desired work is not the same.

From a consideration of the events that have been experienced, from a consideration of the habitual thoughts, or from a consideration of the birth-chart and progressed aspects, the antidote that will alter in the desired manner the compound to be changed is selected. This antidote belongs to one of the ten families of thought-elements.

To do the work required of it, it must be applied along with a volume and intensity of pleasure; and as essential in this, the thinking must express only the constructive trend of the thought-family's expression. That is, if the Social thought-elements are applied as antidote, experiences and trains of thought should be cultivated which relate to the joy and happiness of love or friendship, to feelings of elation in the contemplation of works of art, or rapture in listening to good music. Social relations which result in unpleasant emotions, or the contemplation of past experiences in which love has been unrequited or friendships have been broken, or in

which sorrow has arisen from affection, should not be employed as antidotes.

Thus in selecting any antidote, only thoughts and experiences relating to the proper thought family should be used; and it is necessary through some means to acquire an unusual volume of pleasure in employing them. Yet one can learn to take a high degree of pleasure in any type of experience or trend of thinking, by associating it as intimately as possible in the mind with thoughts of experiences which habitually give much pleasure.

Essentials in Applying Either Conversion or a Mental Antidote.—Whether the attempt is made to change a thought compound through merely rearranging the elements it already contains, as in conversion; or through adding to it another thought-element which, because of its natural and harmonious affinity for the element chiefly responsible for the discord, builds a new type of compound, which is the method of mental antidotes; certain factors are essential to success.

First of all, after careful analysis of the nature of the compound within the astral body responsible for the difficulty, or which for some reason it is desirable to alter, a definite kind of thinking must be decided upon which most effectively will bring about the desired change. And some method must be devised, by which this new line of thinking will become habitual, and it will always be remembered to use it when the old type of thinking which it is used to

displace starts coursing through objective consciousness.

When muddy water is placed in a bottle, muddy water comes out in pouring, unless it is first changed. If disagreeable Conditioning energy is placed in a thought-compound, when the compound finds opportunity to express, disagreeable energies come out; that is, energies which impel to four-dimensional and three-dimensional actions which are unfortunate. Therefore in either Conversion or applying Antidotes the most important factor of all is that a high degree of pleasure accompany the experiences and thoughts which have for object the changing of the thought-compound within the astral body.

As one can not force oneself to feel intense pleasure in a given line of thought or given activity, to insure that the Conditioning energy which is applied to the thought-compound is intensely pleasurable, with as high a harmonious emotional content as possible, it is usually necessary at first artificially to associate the decided upon thinking and activity with the satisfaction of other desires which already are so conditioned that their release, even through thinking intently about their expression, gives rise to intense and pleasant emotions.

After a certain amount of practice of this kind, it will be found that the new mental attitude, new trains of thought, and new activities will give rise to the intense and pleasant emotions, without the necessity of thinking about the satisfaction of other desires.

They will acquire a pleasure all their own; so that their expression is habitually accompanied by pleasure such as builds harmonious Conditioning energy into the compound to which they are related.

This, therefore, either in Conversion or in applying Mental Antidotes, is the most important thing to be sought; that the individual after a time shall be able to think, and without artificial association to act as priming, the kind of thoughts he has selected to apply, and that they shall give rise to feelings well charged with pleasure.

In order that the thought-elements thus cultivated and thus charged with harmonious Conditioning energy shall reach and enter the compound within the astral body selected for alteration, the Law of Association is employed in three distinct ways.

1. When thoughts come into the objective thinking belonging to the family of thought-elements which are dominant in the compound to be changed; the new and selected type of thinking is immediately substituted for them. The selected thinking, substituted for the old, is thus added directly to the dynamic stellar structure requiring change.

2. Whenever thoughts come into the mind relating to the department of life chiefly affected by the compound to be changed, the new and selected thinking should be used. And opportunity should from time to time be cultivated to think of this department of life in association with the new and selected kind of thinking. Thus will this new thinking be

added to the same compartment within the astral body in which the compound requiring change resides.

3. When the attention is attracted to the relation existing between those things in life signified by the two thought-elements of the compound, or between the departments of life which they chiefly influence, the selected kind of thinking should be associated with these things. This will add the energy and the thought-elements of the selected mental activity directly to the compounds the composition of which it is desired to alter.

JUST HOW TO HEAL YOURSELF

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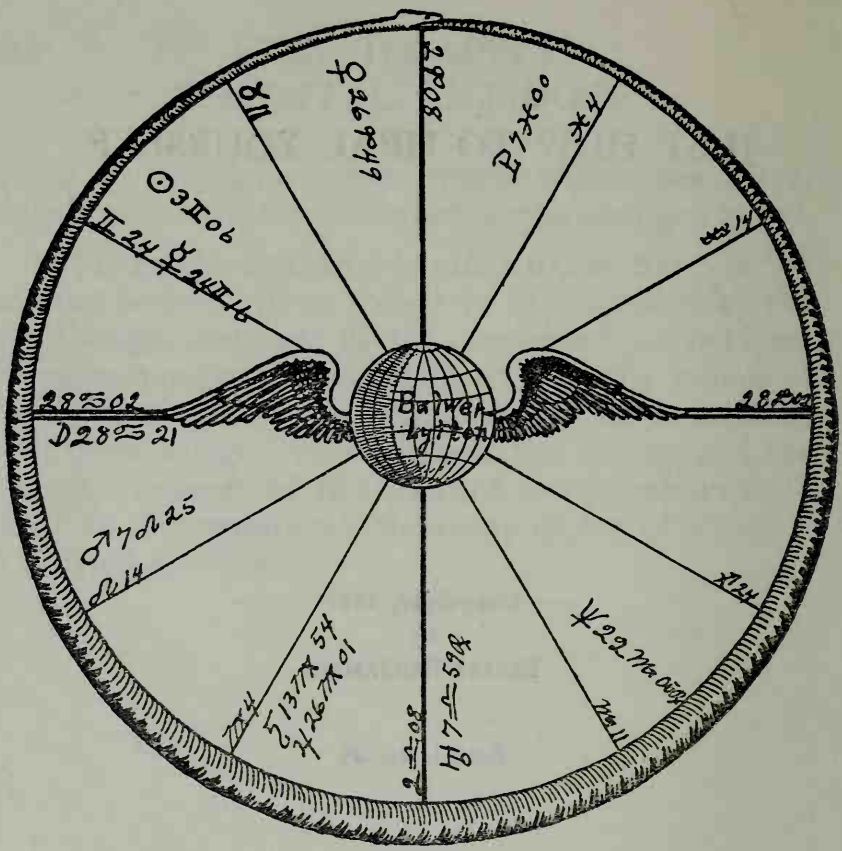


BULWER-LYTTON, May 25, 1803, 8:00 a.m. L.M.T. OE00 51N32.

1822, entered Trinity College, Cambridge: Venus square Mars *p.*

1828, published "Pelham," first successful novel: Venus trine Jupiter *r.*

1831, gained seat in Parliament: Mars sextile Mercury *r.*

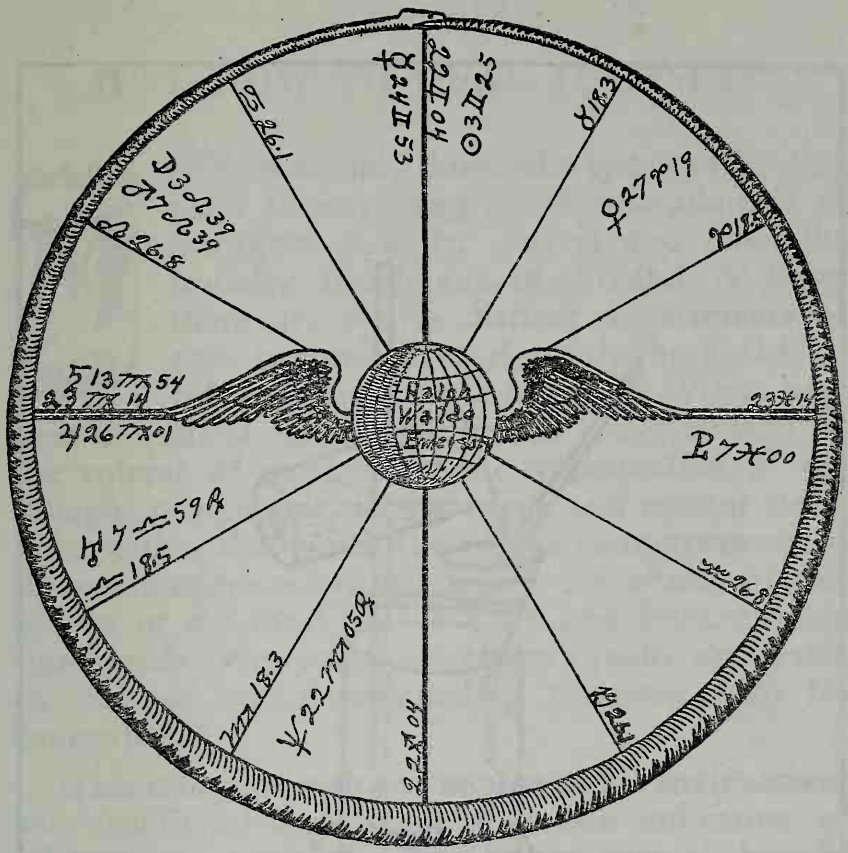
1832, living apart from wife: Mars semi-square Uranus *r.*

1833, published "Godolphin": Venus conjunction Sun *r.*

1836, legal separation from wife, produced a poetical play: Mars trine Venus *r,* Mercury square Uranus *p.*

1841, lost seat in Parliament: Venus semi-square Venus *r,* Venus semi-square Moon *r.*

1873, January 18, died while at work writing: Mars conjunction Saturn *p.*



RALPH WALDO EMERSON, May 25, 1803, 1:16 p.m. L.M.T. 71W00 42N20.

1821, graduated from Harvard: Venus square Mars *p.*

1829, elected assistant preacher: Venus trine Jupiter *r.*

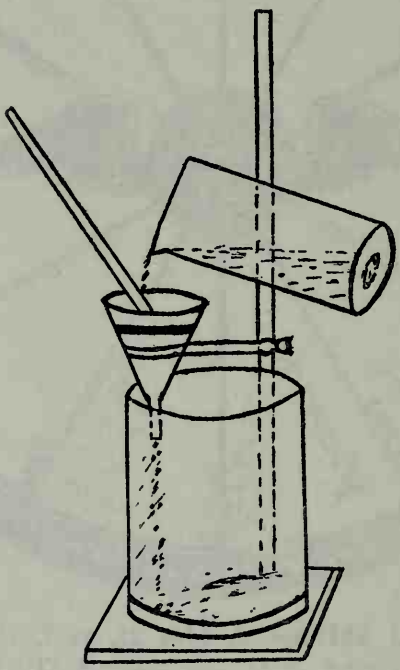
1832, quarreled with deacons, resigned his position, his wife died: Mars sextile Mercury *r,* Mars semi-square Uranus *r.*

1833, trip abroad, literary friends: Venus conjunction Sun *r.*

1836, brother died, founded Transcendental School published first work, "Nature": Mars trine Venus *r,* Mercury square Uranus *p.*

1841, published first series of Essays: Venus semi-square Venus *r.*

1872, health failed, never to be recovered: Mars conjunction Saturn *p,* Mars semi-square Moon *r.* Died ten years later: Mars square Mercury *r.*



JUST HOW TO HEAL YOURSELF

ORE commonly those who speak of healing refer to correcting merely the ailments of the physical body. But viewed from the broader standpoint of Mental Alchemy there are twelve distinct departments of each person's life, of which the health of the physical body is only one. What happens in each of these departments is determined by the volume of energy and the organization of the thought compounds, thought-cells and mental structures within the one of the twelve compartments of the unconscious mind relating to the affairs of this section of the total life. Health and disease, from this broader viewpoint, are terms equally applicable to each of man's outstanding relations with his environment.

If his relations with any section of his environment are unsatisfactory, this is a certain indication of inharmony or lack of power on the part of thought compounds within a definite compartment of his astral body. And the only way he can permanently insure more favorable conditions in this department of life—in physical vigor, in finances, in knowledge, in the home, in love, in work, in marriage, in collecting debts, in public expression, in honor, in friendship or in secret undertakings—is through such an alteration of the thought compounds within the compartment of his astral body relating to the department as will give them more energy or a more harmonious expression.

Manipulating the Physical Environment.—When the proper changes have been made in the compounds that form the thought-cells embraced within a certain compartment of the astral body, this Reconditioning of the desires of these thought-cells causes them to work from the four-dimensional plane to attract into the life those physical things most favorable to fortune in the corresponding department of life. Yet even before such changes have been completed, the individual can assist by an intelligent selection of the physical environment favoring a better fortune; for the most of the events and conditions of physical life are dependent upon physical things.

We can neither help or harm people unless in some manner we contact them, nor can they help or harm us without such contact. We can not acquire those possessions which give wealth unless we have access to material resources. We can acquire only a limited amount of information unless we are able to get assistance from books or from intelligences possessing information. Fortune in the home is dependent upon a domicile and people in it. Love affairs and children require human associations. Food is not manufactured from nothing; it grows and must be acquired. Marriage and partnership include human companions. Inheritance is usually considered in terms of physical things. Public expression, to be successful, requires certain material facilities. Honor is measured in terms of human relations. Friendships can prosper only if there are friends. And secret enemies are dependent upon beings other than ourselves.

Each of the twelve departments of life, as thus shown, is dependent for its health upon proper conditions in the physical environment. And if those most favorable environmental conditions are provided through intelligent effort, this takes a great burden from the task of the thought-cells within the unconscious mind.

These thought-cells, or stellar-cells, as they also are called, can move the physical environment either in the direction of fortune or misfortune only to the extent they possess or acquire energy. And with the same amount of energy at their command the degree in which they can move the physical environment depends upon the weakness of its resistance. The environment may be such that no amount of energy the thought-cells can muster can overcome its resistance and bring into the life some particular event. Or it may be such that almost no effort must be spent by the thought-cells from the four-dimensional plane to bring the event to pass. What happens on the physical plane is never dependent upon the four dimensional energies alone, nor upon physical environment alone; but upon the resistance, or its lack, of three dimensional factors to four-dimensional energies.

This means that in attaining health in any one of the twelve departments of life the physical factors should not be ignored. While true that, if the thought-cells governing the fortune in a department of life are given sufficient harmony they will attract, by their four-dimensional activities, the proper physical conditions to remedy the difficulty, yet they will require less energy to do the same thing if the proper

physical conditions are provided through the exercise of objective intelligence.

Physical health, for instance, requires that certain physical elements be taken into the body in the form of food. In spite of any thinking one can do, if the food supply is deprived of calcium or vitamin D, or its equivalent in sunlight, nervous troubles will develop. The thought-cells can not manufacture calcium out of air. Without calcium to counteract and stabilize the influence of phosphorus and potassium the nerves become over tense, irritated, even inflamed. Or if there is an excess of magnesium and not sufficient calcium present to balance, the nerves become flaccid and the individual responds so slowly to stimuli that he is considered dull and inert.

The stellar-cells of the astral body, as explained in lesson No. 95, have whatever intelligence has been imparted to them at the time of their formation. And if the stellar-cells responsible for a bodily disease are properly Reconditioned and supplied with sufficient harmonious energy, they will impress the individual who needs calcium and vitamin D to acquire these necessities. But their four-dimensional work will be made vastly easier if the individual is aware he needs these elements and consciously takes steps to get them. In fact, if the individual exercising intelligence thus secures what he needs in the way of physical ingredients in his food, the Reconditioned stellar-cells will require the expenditure of but a minimum of energy to be able to build a healthful physical body.

Or to take another commonplace example: Physio-

logical chemists tell us that the human system requires four different protein compounds which it seems unable to manufacture from other proteins. Very little of one of these four, histadine, is contained in milk. Usually milk also contains less iron than the system requires. Therefore, unless proteins and iron are obtained from some source other than milk the blood of an adult becomes impoverished. An infant usually has sufficient iron stored in its liver to carry through the first year.

In the case of an individual suffering from anemia, for instance, the thought structures mapped in the birth-chart by Saturn, Neptune and Mars when properly Reconditioned would impress him to eat foods containing iron, a variety of proteins, some copper, etc. If they were unsuccessful, through not possessing enough energy to overcome the resistance of environment to his acquiring these materials, in getting him to eat foods containing these things, he would remain anemic in spite of all his thinking; for the hemoglobin of the red blood corpuscles is not composed of air, but of definite chemical substances. It is not the function of thought to manufacture iron, which must be present in the hemoglobin to carry oxygen; but it is a function of proper thought to acquire the iron, with which to replace the daily loss through the wearing out of red blood corpuscles, from foods containing iron.

What has been said in regard to the physical requirements of bodily health is equally true in reference to the health of each of the other twelve departments of life. It is not the function of thought

to manufacture wealth out of thin air. Wealth is derived from raw materials and natural resources, from processing these raw materials, or from services relating to these things or rendered to members of society. The Reconditioned thought-cells within the astral body that had their origin in experiences relative to wealth will work with what intelligence they possess to attract sources of wealth into the life. But if an individual should refuse such contacts, the resistance offered by such an environment would be too great for the energy they possess to overcome. Yet on the other hand, if the individual intelligently associated with those sources of wealth most harmonious to himself, the Reconditioned thought-cells would require very little energy to bring him wealth.

Just what the physical environmental conditions are which, at a given time most favor the attaining of desired results, or most hinder the development of an undesired event it is the function of the birth-chart and the progressed aspects to inform us. Yet if already we are aware of the disease, in whatever department of life it manifests, even without a birth-chart we can get a rather clear picture of the type of thinking which is responsible for it. And this in turn will point not merely to the changes in thinking necessary for its correction, but also indirectly to the physical requirements with which the Reconditioned thought-cells must work to bring the better condition about.

In Course XVI, Stellar Diagnosis and Stellar Healing, the Birth-chart Constants and the Progressed Constants of 160 bodily diseases are given.

They are given, as determined from statistical studies of the birth-charts and progressed aspects of people thus afflicted in terms of the prominence and aspects of plants. But as a planet prominent maps a thought structure in the astral body which gives rise to an equal prominence in the kind of thinking denoted by the planet, and as an aspect maps the harmony or discord of the compound in the thought-cells, and thus the pleasure or pain of the thinking thus energized, both Birth-chart Constants and Progressed Constants denote the specific family and kind of thinking which is responsible for the condition, whatever it may be.

Furthermore, the Birth-chart Constants which make for success in many vocations have been ascertained, and both the Birth-chart and the Progressed Constants which coincide with a wide variety of events; events which relate favorably and events which relate disastrously, to each of the twelve departments of life. These in turn indicate the family, volume and harmony or discord of the thinking which is responsible for each of these various events. And it is the function of the Church of Light Research Department to ascertain these Constants, and therefore the exact kind of thinking, which is responsible for each important condition and each important type of event which enter people's lives.

In connection with each condition and each event, whether it is beneficial or detrimental, there are environmental factors which assist the kind of thinking which is responsible, to attract the condition or event, or which hinders it. In Course XVI, the type

of foods which facilitate recovery from each of the 160 bodily diseases is briefly set forth. More specific information is given in lessons 222, 223, 224 and 225 of Course XXI.

When a particular family of thought-cells acquires an additional supply of discordant energy, through a progressed aspect forming an aerial to pick up the corresponding planetary energy with much static, the release of desire energy by these thought-cells tends to cause the individual to neglect certain substances in his diet that are especially necessary at this time, due to the kind of thinking in which he indulges, to his bodily health. These special diet requirements have been ascertained. One does not need to know about progressed aspects to avail oneself of this knowledge, although this gives one greater precision in determining the need. If a person, for instance, indulges in fear, greed or worry, one may be sure he needs the foods recommended when Saturn is afflicted by progression.

The lessons on Stellar Dietetics, Nos. 153, 222, 223, 224 and 225, give the environmental factors in so far as food requirements are concerned, which under each type of bodily affliction is best calculated to assist the thought-cells to recover health. And in Course X, especially in lessons Nos. 111, 112, 113 and 114, are set forth in sufficient detail the kind of environmental conditions which offer the greatest resistance to the efforts of discordant thought-cells when they endeavor to attract various kinds of misfortune into the life, and the factors of physical environment which most readily aid the efforts of

harmonious thought-cells to bring various kinds of good fortune into the life.

Instead, therefore, of expecting the thought-cells which have been Reconditioned through the process of Mental Alchemy to do all the work required to bring health to any of the twelve departments of life, their four dimensional labors should be facilitated by the conscious and intelligent selection of those physical environmental factors which most readily can be used by them in the attainment of the desired end. The Israelites are supposed to have rebelled when called upon to make bricks without the straw necessary to bind together the adobe. The easier you make the work required of the Reconditioned thought-cells, the more confidence you may have they will possess sufficient energy to accomplish it.

Using Rallying Forces As Aids In Reconditioning Thought-Compounds.—As the events attracted into the life, including health and disease, relative to any one of its twelve departments, are determined by the resistance of the external environment to the four-dimensional activities of the stellar-cells in the corresponding compartment of the astral body, the more energy the thought-cells of a given compartment acquire, the more influence they have to attract events of importance. And at the time, as explained in detail in lesson No. 19, a temporary stellar aerial is formed, as mapped by a progressed aspect, affecting this compartment, the stellar-cells in it gain an additional energy supply with which thus to work toward attracting some event.

Whether the event attracted, or the condition affecting the health of the department of life, is to the benefit of the individual or to his detriment is determined by the pleasure or pain felt at the time by the thought-cells doing this four-dimensional work. This pleasure or pain, in turn, is determined by the manner in which the thought-compound within the stellar-cells was Conditioned at the time of their formation, as modified by the harmony or discord of the temporary energy reaching them. A discordant progressed aspect adds energy loaded with painful static to them, and temporarily Conditions them to act more detrimental than is their usual habit; while a harmonious progressed aspect adds energy of pleasing harmony to them, and temporarily Conditions them to act in a manner more beneficial than is their common custom.

It will not here be necessary to explain in detail how the nervous system, in response to the feelings which at the time are dominant, tunes in the electric energies flowing over it to pick up astral vibrations of a corresponding rate; nor how these energies from the planets, from the character-vibrations of objects and from the thoughts of people, because these nerve currents permeate every region of the body, reach all the permanent and temporary stellar aerials, such as are mapped by birth-chart aspects and progressed aspects, and thus the thought-cells fed by these aerials.

These matters are fully explained in lessons Nos. 198, 110 and 61, where it is further pointed out that so long as an individual keeps his consciousness and

feelings tuned to one type of vibration these are the ones picked up and added as Rallying Forces to all the various thought-cells reached by aerials. That is, so long as a certain feeling is dominant, the person is so completely tuned in on a specific wave-length that other wave-lengths of energy are not strong enough to make their influence felt at the receiving sets which transmit energy to the thought-cells. The only program received distinctly by any of the thought-cells within the astral body during such a time, is the one tuned in on by the intense feeling.

So far, therefore, as new energy supplies reaching the thought-cells are concerned, through inducing and maintaining the feelings he desires man can determine, in spite of progressed aspects, what these shall be. Yet thought-cells may, and often do, possess so much inharmony that any amount of temporary harmony reaching them as a Rallying Force is insufficient to cause them to act in a beneficial manner; and other thought-cells may, and often do, possess so much harmony that any amount of temporary discord reaching them as a Rallying Force is unable to cause them to act in a manner wholly detrimental. In fact, as determined by a vast amount of statistical work in connection with birth-chart positions and progressed aspects, the energy with which the compound was Conditioned at its formation is more important in determining the harmony or discord of the work done by the thought-cells when that energy is released than is the quality of such temporary energy as may be added to them.

Permanently to correct a serious disease in any one

of the twelve departments of life it becomes necessary, through some process, more harmoniously to Recondition the thought compound in the stellar cells chiefly responsible for it. Yet the mere temporary adding of Rallying Forces, unless these are specifically directed to do that work, commonly does not sufficiently change the basic desires of the thought-cells; but only for the time increases their activity.

Furthermore, a Rallying Force is of a definite planetary type; that is, it belongs to the Aggressive quality, the Religious quality, the Power quality, etc. Consequently the energy it adds to a thought-cell group or thought-compound is of that quality, and temporarily similar in effect to the thought-elements belonging to the same family. It should be selected, therefore, just as the thoughts are selected, with due reference to what specific type is required as a Mental Antidote or to effect Conversion. Then by associating it with thoughts and experiences definitely chosen for the purpose of altering the thought-compound, it can effectively be employed to give the required energy to divert the desires of the thought-cells permanently toward activities fortunate to the individual.

Each individual, because of the particular thought-cell composition of his astral body and the stellar aerials connecting his most active dynamic stellar structures, can acquire harmonious Rallying Forces belonging to certain thought families much easier than he can acquire the harmonious Rallying Forces belonging to other thought families. It may be that

these most easily acquired Rallying Forces are not those specifically required properly to alter the thought-cells whose discordant compounds are responsible for his misfortune. In case they are not, he must cultivate the other sources of Conditioning Energy which are specifically required to make the alterations necessary to overcome the disease. But as a rule, even when of a character not specifically required in the treatment of the disease, because they are acquired in volume and in harmony with so little effort, and when thus tuned in on add harmonious energy to all the thought-cells, they can be made of great value in general to health and fortune.

Such Rallying Forces as are picked up, radio fashion, by the permanent aerials mapped by birth-chart aspects, or by temporary aerials mapped by progressed aspects, are not well defined thoughts, nor are they thoughts relative to any particular department of life. Instead, they are energies which give rise to intense feelings which are associated with whatever subject or department of life the person at the time is thinking about. To the extent, while a Rallying Force is present, whether induced volitionally or without intent, an individual thinks clearly and definitely about some particular thing, does the energy of the Rallying Force tend to Recondition in its direction the thought-compound in the stellar-cells relating to the department of life thus thought about. But such energy as is thus added to the compound is always of a definite planetary type. That is when one feels Aggressive one is adding Aggressive thought-elements along with the Aggressive Conditioning

energy to whatever thought-compound the definite thoughts relate, even if they relate also to Safety or to Power.

Lesson No. 200 explains the details of tuning in on any selected planetary energy it is desired to use, whether there is, or is not, a strong aerial within the astral body of the proper length to pick it up. And lesson No. 201 gives considerable information on using the energies thus selected and tuned in on for healing purposes. The technic of tuning in is that of inducing and maintaining the feeling of the constructive energies of the selected planet. The technic of applying them is as vividly as possible to think of the things of the department of life to be healed, while the feeling is present. This will Recondition the compounds within the thought-cells relating to them.

As is fully explained in lessons Nos. 59 and 60, the energy of desires can be diverted through properly selected ASSOCIATIONS to flow in any channels decided upon. This applies equally to the desires of the thought-cells to work in a given way from the four-dimensional plane, as to the desires of which we are objectively conscious which relate to our three-dimensional activities. To hold certain thoughts definitely in mind while feeling a certain emotion, whether derived from a Rallying Force or from any other source, is to charge those thoughts with the specific planetary type of Conditioning energy of that emotion. The greater the intensity of the energy imparted to them, the more powerful to accomplish work do the thoughts associated with it become.

The Conversion of thought-elements within a thought-compound, or the adding of Mental Antidotes to the compound, is effective to produce an alteration in the compound in proportion to the volume and intensity of the Conditioning Energy added to, or developed within, the thought-compound to be changed. Mental Antidotes possess some spontaneous ability to generate pleasant Conditioning energy when added to a compound. But their Power to Recondition the thought-compound properly, and thus produce the healing result desired, is greatly increased if they are added along with a conscious feeling of intense pleasure. And the Conversion of a thought-compound through the rearrangement of its thought-elements requires the conscious use of pleasant Conditioning energy.

However, either in the application of Mental Antidotes or in the process of Conversion, if the compound is to be changed in the manner decided upon, this Conditioning energy can not be just any harmonious Rallying Force that the individual has special facility to generate. Usually such a harmonious, and easily acquired Rallying Force, will be found highly beneficial to the compound, because it is already Associated with the family of thought-elements which is most beneficially Conditioned within the person's astral body. Adding these harmoniously to any other thought-compound within the astral body thus is usually advantageous. But if the compound is to be altered in the most beneficial way, the harmonious Conditioning energy must belong to the planetary type of the thought-elements added or changed.

The Easiest Source of Harmonious Conditioning Energy.—While the most easily acquired Rallying Forces may not be the ones specifically required to heal some department of life which is diseased, they are, nevertheless—for instance, when they belong to the same planetary family as the mental antidote—sometimes the ones most needed, and they can always be made of great general value to the life. How they may be determined, therefore, should be understood.

Each person, because of the stellar aerials stretching across his astral body, picks up certain planetary energies in volume and with less static, than he picks up other planetary energies. Because of these incoming energies, he finds it easier to feel intensely harmonious when tuned in on them than when tuned in on other planetary vibrations.

A planet in the birth-chart which is prominent and receives only good aspects, maps a powerful group of thought-cells which commonly receive over these aerials mapped by the aspects only harmonious energies. This group of thought-cells, therefore, whenever they find opportunity to release energy through connecting up with the electric currents of the nervous system, tend to tune the individual in, through the pleasant sensations felt, on the harmonious energies radiated by the planet. A well aspected planet in the birth-chart, therefore, maps a harmonious Rallying Force which is easily tuned in on, and can be used with less effort than can energies whose vibratory rates are not already an integral part of the character.

In particular, there are two configurations which when they do appear in a birth-chart indicate powerful sources of harmonious and easily acquired Rallying Forces. One is a Grand Trine, in which two planets in the chart are in trine aspect to each other, and both are in trine aspect to a third planet, making thus approximately an equilateral triangle of the stellar aerials stretching across the astral body. In those things represented by the Grand Trine the individual will be fortunate, because the thought-compounds in the dynamic stellar structure mapped by each planet are both harmonious and possessed of a high degree of energy.

Therefore, to the extent the person having such a Grand Trine devotes his energies to the things of the departments of life indicated by the compartments where these harmonious thought-cells reside will in his life encounter exceptionally good fortune. The stellar-cells will work energetically from the four-dimensional plane to attract favors and success to him relative to the matters associated with their formation. Our interest here in a Grand Trine, however, is that its spontaneous harmony and strength enables it so readily to be used as a source of beneficial Rallying Forces. It is easy to induce and maintain the pleasant feeling which in quality corresponds to one or more of its planets; and because there are stellar aerials in the astral body of proper length to pick up this energy readily and in volume, this makes powerful and beneficial Rallying Forces available with little effort.

The other planetary configuration which indicates

a specially potent and harmonious source of Rallying Forces is a planet which, as often occurs, breaks up an opposition aspect between two other planets by making the sextile aspect to one and the trine aspect to the other. The opposition maps an aerial which picks up planetary energy loaded with separative static. But such an opposition also maps at each terminal thought-cells into which have been built a tremendous amount of energy. This energy, from both groups of thought-cells at the ends of the opposition, is tapped harmoniously by the group of thought-cells mapped by the planet making the sextile and the trine.

To the extent, therefore, the individual devotes his energies to the things of the department of life indicated by the compartment where reside the harmonious cells mapped by the Conciliating Planet, will his life encounter exceptionally good fortune. And as in the case of a Grand Trine, this Conciliating Planet which in this relation draws for power from the opposition, maps a source of powerful harmonious energy which may readily be tapped, and which tunes the whole nervous system in on the harmonious vibrations radiated by the Conciliating Planet. Because the stellar aerials present in the astral body that lead to the Conciliating Planet are of a length to pick up its energy harmoniously and in volume, it is easy to maintain the feeling and thus acquire a steady supply of powerful Rallying Forces.

Not everyone, however, has either a Grand Trine or a Conciliating Planet in his birth-chart. But everyone has a Best Planet in his birth-chart, which maps the most harmonious dynamic stellar structure with-

in his astral body, and this is the receiving set which has the greatest facility for tuning his nervous system in on powerful harmonious planetary energy.

Furthermore, when progressed aspects form, each, to the extent it is powerful, builds a temporary stellar aerial across the astral body. If such an aerial is of the length to pick up harmonious planetary energy, it also facilitates developing and maintaining the pleasant feeling of its planetary terminals. Of course, if these thought-cells at the terminals are of markedly discordant compounds, tuning in on the planetary energies corresponding to them will facilitate feeling discord and thus picking up, radio fashion, more discord. But to the extent either the permanent aerials mapped by aspects in the birth-chart, or the temporary aerials mapped by progressed aspects within one degree of perfect, are present which tend to pick up only harmonious energy, can they be utilized to assist in developing powerful Rallying Forces. That is, it is easy to develop and maintain the feelings corresponding to the planet, and thus persistently to tune in on its vibrations.

Reconditioning Thought-Compounds.—While as indicated, each individual has within himself stellar aerials which make it easier for him to develop and maintain a particular type of pleasant feeling, if some special thought-compound within his astral body needs Reconditioning in a definite way, in some manner harmonious feelings must be developed of a type corresponding to the Conditioning energy required for the alteration. That is, if it is pleasant Jupiter energy which is needed to Recondition the

thought-compound, no other type of energy will do so well. Yet even though there is no harmonious aerial to the planet Jupiter, either in the birth-chart or by progression, nevertheless harmonious Jupiter energies can be developed as Rallying Forces.

In that case the work will be more difficult. It will require greater effort to keep the benevolent, jovial, Jupiterian mood. And the more the person really needs these Rallying Forcs, that is, the further removed temperamentally he is from Jupiter, the more effort will be required for him to keep himself feeling strongly and harmoniously in the Jupiterian mood.

Yet irrespective of special stellar aerials, if an individual places himself in a mood strongly characteristic of any planet's vibrations, the electric energies of his nervous system tune in on that planet's vibrations, and these following the nerves reach all the stellar aerials within his astral body and find some access to all the thought-cells. Thus can an individual acquire, through effort, whatever type of planetary energy he most needs.

But before any such attempt is made he should, as explained in lesson No. 96, first determine the thought-compound and the type of thinking which is responsible for the condition he wishes to correct. From this information he should, through the methods set forth in lessons Nos. 97 and 98, decide whether it is better to use the method of Conversion, which is the only alternative if the compound causing the difficulty is composed of Mental Antidotes, or to use a Mental Antidote. If the latter seems to be the

best method to follow, he should then select, according to the principles set forth in lesson No. 97, the family of thoughts that is the suitable antidote.

Having selected the antidote, or decided upon Conversion, he should next outline specific plans for developing the required kind of thinking, and energizing it harmoniously with as powerful feelings as possible. Included in this plan should be the determination to substitute selected constructive thoughts for those which are responsible for the difficulty whenever these come into the consciousness; and to think about the department of life—about the health of the body if the bodily health is to be improved—only in association with the thoughts and feelings thus decided upon. And to make these selected thoughts effective in the accomplishment of the work contemplated, the plan should also formulate means by which the selected planetary type of feeling energy can be aroused and maintained while these thoughts are before consciousness; or if it seems desirable, can be developed as a permanent mood by which the appropriate Rallying Forces may be added to all the thought-cells within the unconscious mind.

As explained in lesson No. 98, deliberately to substitute one type of thinking for the type which more spontaneously rises into objective consciousness is to add these deliberately selected thought-elements and the Conditioning energy at the time present to the compound of the dynamic stellar structure responsible for the more spontaneous thoughts. The substitution associates them, and the feeling energy Conditions the harmony or discord of the new combination. To

think about a department of life adds the thought-elements and the Conditioning energy present at the time, to the thought-cells of the compartment of the astral body relating to the department of life.

When Conversion is the method which seems advisable, the problem is not that of substituting new families of thoughts, but that of substituting the constructive expression of the same families for their more discordant expression, along with feeling energy of sufficient intensity and volume to Recondition the compound to be altered. That is, whenever the thoughts of either family involved in the compound rise into the consciousness, their constructive expression should deliberately be substituted for the expression which is more spontaneous. When thoughts relating to both families of elements in the compound rise into consciousness, as will frequently be the case because of their association in the compound, constructive thinking about their relation each to the other should be substituted for the more spontaneous type of thinking. And whenever thoughts enter the consciousness relating to either or both departments of life, the thought-cells of which embrace these compounds, the constructive expression of the thought families embraced within these compounds should deliberately be substituted for the more spontaneous kind of thinking about these things. Furthermore, in Conversion, because unless the compound is of Mental Antidotes the pleasant affinity of the elements is lacking, it requires a far higher intensity and greater volume of pleasant feeling to effect the proper Reconditioning of the compound.

Sources of Mental Antidotes and Conditioning Energy.—Every person, in the past, has had a variety of pleasant experiences. And it is very easy to select the family of thought-elements to which the incidents chiefly relate. If the source of pleasure arose mostly from the heightened sense of significance, the incident was responsible for building Power thought-elements into the astral body; and when it is recalled in memory and that pleasure again pondered over, more Power thought-elements are added to the astral form along with harmonious Conditioning Energy.

Perhaps there have been joyous experiences with strife and aggression in the past. These experiences, recalled as vividly as possible, and with as great intensity of feeling as can be engendered, not only build Aggressive thought-elements into the stellar-cells of the unconscious mind, but they add with them harmonious Conditioning Energy.

In thus recalling affectional experiences which have afforded high pleasure, for the purpose of adding social thought-elements to the astral body along with harmonious Conditioning Energy, it is essential, if later experiences developing out of these have been less pleasant, to confine the attention as closely as may be to the briefer period of idyllic love. If disillusionment followed the happier period, one should live in reverie, and as intently and joyously as possible, only in the time when affection was coming into bloom and before its blossoms began to fade.

Living in the past may tend to divert energy from future accomplishment; but when such is deliberately

cultivated, with the past experience carefully selected for its Conditioning Energy and as an agent for Conversion or for use as a Mental Antidote, it not only is permissible, but can be made to afford just the thought-elements required, along with the proper quantity and intensity of Conditioning Energy, to alter the thought composition of certain stellar-cells in just the desired way.

At one's leisure it is advantageous to ponder on the various experiences one has had so far in life, with the object in view of selecting those which were at the time most highly pleasurable and at the same time of a character which gained satisfaction for commendable desires. One can briefly analyze them as to the family whose desires finding satisfaction chiefly gave rise to the pleasure, and note them down under this thought-family classification for use whenever the occasion seems to require the application of these thought-elements along with happy Conditioning Energy.

Even aside from applying Conversion or Mental Antidotes, the most satisfactory method of preventing the mind from being occupied with discordant thoughts which arise in response to difficulties encountered, is to have ready at hand some selected interest which has sufficient pleasure already associated with it that it can displace the discordant thoughts which otherwise would build inimical thought compounds into the finer form. And with a classified list of reminiscences of happy experiences, one is in a position not only to recall something from the past to take the place of intruding mental discord, but one

can select the reminiscence thus to be used with the special need in view for a Mental Antidote or Conversion. In this selection from the list one may be sure that the substituted reminiscence will add both the thought-elements and the Conditioning Energy thus engendered, to the mental compound within the astral form which is responsible for the thinking which it is used to displace. That is, the fact that it is used to displace a train of thoughts, associates it with the thought-elements the release of whose energies are responsible for that train of thoughts.

In addition to such reminiscences, there are experiences one hopes to have, and experiences of the imagination, which, to the extent they are vivid and capable of arousing intense feelings of pleasure, can be used as sources of Mental Antidotes and Conditioning Energy. Such trains of thinking can be devised and tested out as to the amount of emotional energy they generate. And they can be listed in the same manner as can reminiscences, for use according to the demand at special times.

It has been said that the joy of anticipation often is greater than that of realization. Most people get a thrill of pleasure in planning the things they like to do.

The planning of security for the future, in which system, forethought, persistence and labor are involved can be made to yield both the Safety thought-elements, and pleasant Conditioning Energy. Most people can acquire quite an intense feeling of satisfaction through contemplating the steps and the results of such carefully thought out security plans. And as

thinking about such plans, once they have been formulated and the individual has become accustomed to find joy in them, can be substituted for any other train of thought that enters the mind, the Safety thought-elements and the accompanying Conditioning energy can be added to any structure, or to any compartment, within the astral body.

Nor is it difficult to call up in the imagination hoped for experiences of a religious nature. One can anticipate actions of good fellowship, deeds of benevolence, and the jovial kindness and helpfulness which characterizes the Religious thought-elements. And one can think about the anticipated or imaginary experiences with the glow of kindly feeling that should accompany such actions. Having formulated them once, one can then keep them on tap for those occasions when there is special need of the Religious thought-elements to afford the proper antidote along with proper Conditioning Energy.

If they are substituted for critical intellectual processes, we may be sure that associates them with the Intellectual thought-elements which are responsible for those analytical thoughts. If they are substituted for distressing thoughts about the home, we may be equally sure that they are then built into the thought-cells of the astral body relating to the home. But if they are not substituted for other thinking they tend to move within the astral body to that section relating to the department of life or that type of activity about which the thinking at the time chiefly revolves.

A still better source of thought-elements and Conditioning Energy than any to be had from reminis-

cences or from contemplating something yet to come, is that to be derived from actual life experience. To actually do something with the feeling of pleasure in the doing is the most satisfactory way to add thought factors to the astral body. Intentions thus confirmed by action acquire a power through those actions which is difficult to attain through imagination only. Furthermore, the unconscious mind gains a powerful and proper suggestion at the same time; for the action convinces it that actual results should follow. It is better, therefore, to engage in some effort which will concentrate the thoughts and feelings according to the thought-elements and Conditioning Energy desired, than it is merely to call such activities up in the imagination.

And in addition to the application of the proper thought-elements and Conditioning Energy to affect the desired change within the thought-cells of the astral body, which is the process of Mental Alchemy, the healing process will be facilitated by talking to the organs and thought-cells and telling them just what they are expected to do. They each have an intelligence of their own, and tend to respond to suggestions thus given them. Talk to them just as you would talk to an individual, kindly but firmly. And to aid all to co-operate in the desired end, keep the image of perfect health before the attention of the mind.

JUST HOW TO ATTAIN REALIZATION

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ELBERT BENJAMINE

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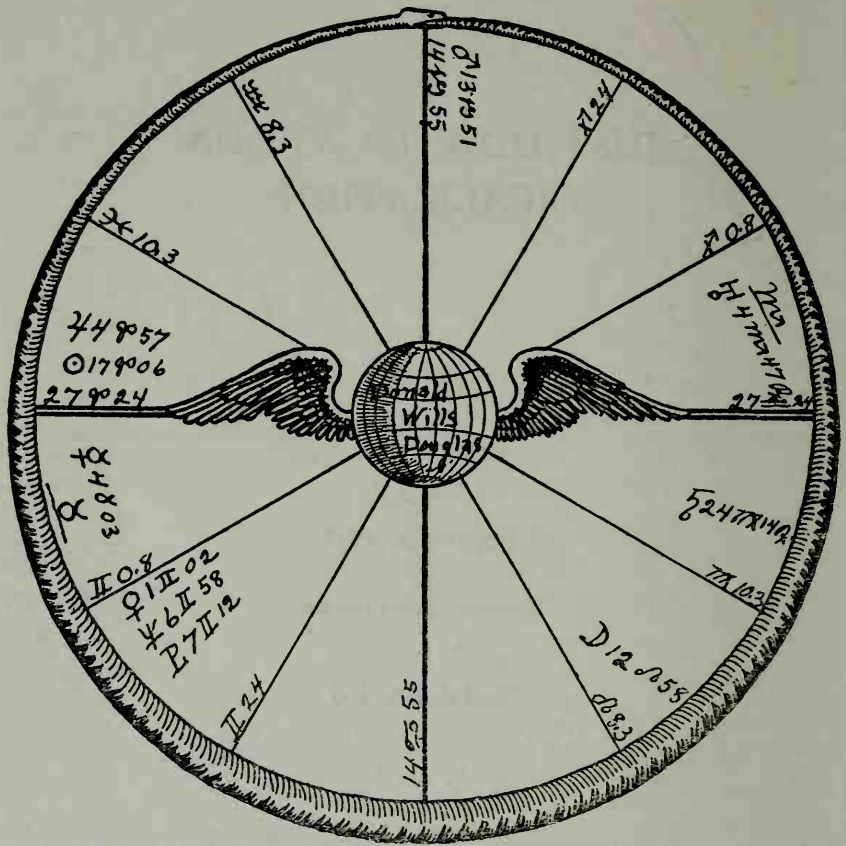


DONALD WILLS DOUGLAS, April 6, 1892, 6:00 a.m. E.S.T. 73W58. 40N45.

1912, model airplane he flew from second story of dormitory hit an admiral in the head and he resigned from U.S. Naval Academy at Annapolis: Mercury square Mars *p.*

1915, job as chief engineer building planes: Venus square Saturn *p.*

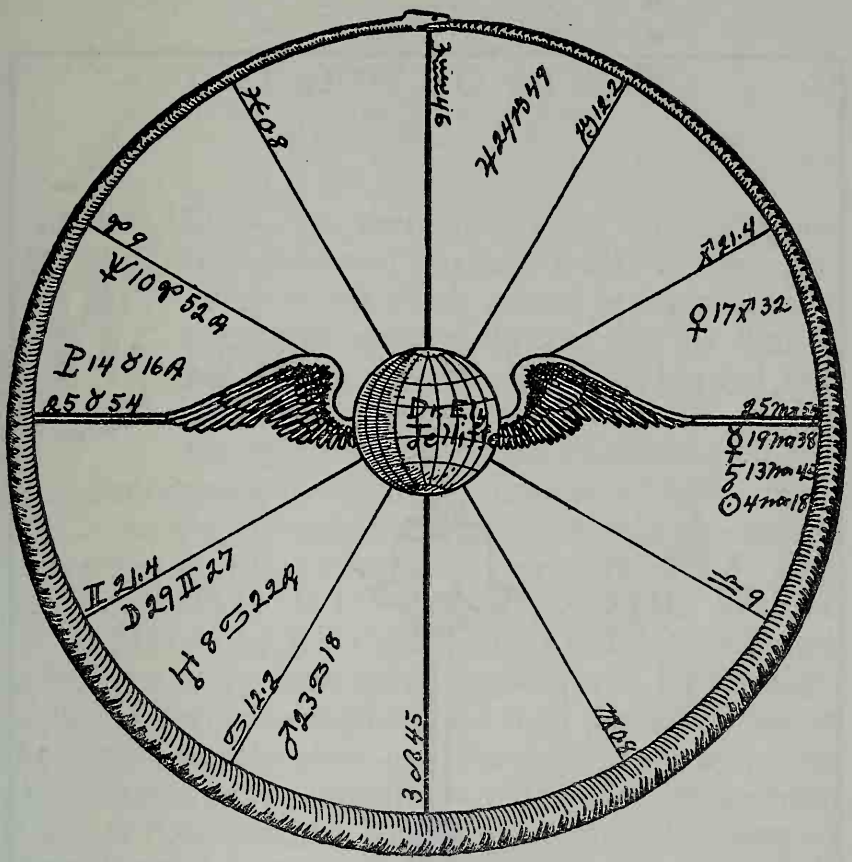
1918, with Glenn L. Martin, produced the famous Martin bomber, first all-American design to be built during war: Venus inconjunct Mars *p.*

1920, started building his own aircraft: Sun trine Mars *r.*

1921, non-stop flight of his plane failed: Sun semi-square Venus *p.*

1922, won competition for navy torpedo plane design, and contract to build 21 such planes: Venus semi-sextile Venus *r,* Mars trine Venus *r.*

1932, started building commercial transport planes: Sun trine Saturn *r.*



DR. SMITH ELY JELLIFFE, October 27, 1866, 6:00 p.m. L.M.T. 74W00. 40N43.

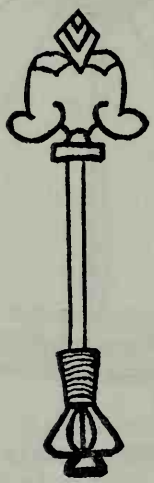
1889, started professionally as M.D.: Sun sextile Jupiter *p*.

1894, married: Mars semi-sextile Moon *r*.

1899, given degree of Ph.D.: Sun inconjunct Uranus *p*.

1900, given A.M. degree: Sun inconjunct Uranus *r*.

1907, called as alienist in the trial of Harry K. Thaw, and his testimony that Thaw shot and killed Stanford White while suffering from a "brain storm," released the young millionaire and set a legal precedent regarding temporary insanity: Mars semi-sextile Moon *r*, Mercury conjunction Sun *r*, Sun and Mercury sesqui-square Mars *p*, inconjunct Pluto *r*. Later became outstanding psychoanalyst.



JUST HOW TO ATTAIN REALIZATION

HEN we recognize that not only our thoughts and physical behavior, but also every event which comes to us, even such events as apparently are due to chance, but which, nevertheless, are herded into our lives through the activities of our thought-cells operating from the plane of four dimensions, is due to the release of desire energies from the thought-compounds within the unconscious mind, the ancient occult proverb, REALIZE THE TRUTH WITHIN AND THE WITHOUT WILL TAKE CARE OF ITSELF, is illuminated by a more convincing significance. By the light of this scientific conception, we then perceive that, to the extent we can alter our characters, the cell composition and cell arrangement within our unconscious minds will be changed, the intensity and direction of their desire releases will be different, and our whole fortunes will be correspondingly modified.

Furthermore, we now possess instruments, such as astrological Birth-chart Constants, Progressed Constants, and psychoanalysis, by which we can determine quite precisely both the composition of the thought-cells, and their organization, along with the type of energy they are likely to receive at any given time, which will enable them to work more vigorously from the four-dimensional plane than usual. That is, the implements are at hand which enable us to measure all the important factors that comprise

the character, to gauge the energy of each, and closely to estimate the direction in which their desire energies will be released at any selected time, and thus what conditions and events at that time will probably affect the life.

And this perception of the thought composition of the astral body which is responsible for each trend of objective thinking, each type of physical behavior, and each event which enters the life, leads immediately to the knowledge of exactly what changes must be made in the thought-composition of the unconscious mind to realize any specific condition, to manifest any given talent, or to experience any type of fortune that may be desired.

In the preceding lessons I have given the method by which, through the use of Conversion, Mental Antidotes and Rallying Forces, each particular trouble or disease toward which Stellar Diagnosis shows there is a predisposition, can be avoided. When the thought-composition of the cells or group of cells within the unconscious mind whose release of desire energies are responsible for the affliction, is changed so that the energy releases are more harmonious, the difficulty, whatever it may be, no longer is attracted. But the individual who aspires to live life at its highest is not content merely to thwart some disease, or merely to make a success in business or matrimony. Instead, he desires to get the utmost out of living, to make of his life as complete a success, physically, mentally and spiritually, as possible.

To do this, it is not enough to apply a Mental Antidote to some one or two groups of thought-cells

which have been attracting trouble. What is required is a thorough overhauling of the character, in which all the weak parts are properly strengthened and, where new parts are necessary to attract the desired conditions and events, these are added. This means, of course, a complete rebuilding of the character; for only as the character is thus completely rebuilt is it possible for the conditions and fortune attracted to be of a correspondingly better grade.

Most people have traits, not conducing to the greatest effectiveness in living, which require nothing more than a little reflection to discern. Whenever there is a tendency, for instance, to over-emphasize the importance of anything, as revealed by an abnormally sensitive or violent emotional reaction to certain thoughts or situations, this points to the existence of a complex. It may express as fear, as self-consciousness, as bashfulness with the opposite sex, as a conscious feeling of inferiority or of superiority, as an ungovernable temper, as hysteria, or as touchiness regarding some special subject. And as soon as these are recognized, the methods explained in lessons No. 63 and 65 should be applied until there is an adjustment in the manner in which the desire energies express; the complex being relieved through the habit of diverting its energies so that they flow through constructive channels.

But in addition to these easily recognized trends which block the way to the highest type of living, most of us, as the result of experiences which we have completely forgotten, possess repressions and conflicts within our unconscious minds, which can be

uncovered only by the use of a special technic; repressions and conflicts which quite unknown to ourselves, are hampering influences. Therefore, in the task of reorganizing the character, to the end of attracting the best type of fortune, before attempting to build into the astral body new energies or applying Conversion and Mental Antidotes to other discordant thought-compounds, it is well first to handle these desire energies, and put them to some useful work. And in accomplishing this the discoveries of psychoanalysis will prove a singularly happy aid.

Psychoanalysis first was used as a means of relieving the stress of repressed desires through analyzing the dreams. It was found, and later experience fully verified these findings, that many serious diseases are caused by strong desires which are given no opportunity to express themselves in other ways in the life. That is, the activity being blocked that would permit them the expression they desire, they find a subterfuge expression in some disease. Yet in sleep there is less resistance to their being expressed in fantasy, and they find some satisfaction through draining a portion of their energy into a dream in which the desire is gratified.

Yet owing to the censorship exercised by the waking mind, more often than not the dream, as it is remembered, is pictured in such terms as to conceal its true import; for the waking mind having previously prohibited the realization of the desire in waking life, it will permit even such imaginary realization, as fully explained in lesson No. 65, only when thoroughly camouflaged in symbolism.

Yet by tracing the thoughts that are suggested by a dream, it is found possible to uncover the true meaning and thus discover just what repressed emotions caused it. When the repression is once recognized by the dreamer as the cause of his dream, and also as the cause of his illness, or the other trouble he has been experiencing, it is then revealed in its true light. Such recognition relieves the pressure from the repression, and the energy it contains finds some outlet for its expression through thinking about it. To the extent thinking about the desire in the normal way, without the magnification which repression induces, drains it of the repressed engery, it is relieved and the disease cured.

Free Association.—Later investigations revealed that it is also possible to discern the strong repressed desires by having the patient sit listlessly and tell whatever fleeting thoughts come spontaneously into his mind. Those strong desires of the thought groups within the astral body which have found expression in action will have drained, temporarily, their energy. But the powerful desires which have been blocked will have accumulated, under this pressure, sufficient force straining for release, that they deliver a strong impact upon the attention, and thus, as soon as the mind is not deliberately directed to some other subject, they take control of the thoughts.

Thoughts that thus come spontaneously when the attention is relaxed are apt to be those actuated by repressed energies straining for release. Thus by tracing the thoughts which, even though they express

the desire in symbolism are nevertheless instigated by it, though more often than not there is no objective recognition of the desire, it becomes possible to discern what desire is chiefly causing the discord. This is called the method of FREE ASSOCIATION.

When repressions are recognized by the patient as having an existence, and are accepted by him as having a meaning in his life; as forces which should find expression; rather than thoughts and impulses which are denied; that they are part of his biological heritage of which he need not be ashamed; that such desires are natural and normal to human beings, although they require directing into proper channels; such thinking about them shows them not to be so painful as was supposed, and not so terrible and serious as had been imagined. And this gives them pleasant Conditioning Energy that works through the process of Conversion to give the whole complex a harmony which it did not have before, in addition to affording some energy release through thinking about the subject of the desires.

The peculiarly discordant compounds, often mapped in a birth-chart by a retrograde planet, Conditioned by the pain of forcing the desires from rising into the consciousness, is replaced by rearranging the thought-elements through pleasant Conditioning energy, by an equally energetic harmonious compound. The new Conditioning Energy which is responsible for the Conversion is furnished by repeatedly viewing the repressed desires as nothing to be ashamed of, but as energies which when given correct expression are quite normal and healthful. If

they are of such a nature that their more gross expression is against the interests of the individual or society, they nevertheless should be recognized for just what they are, and then the effort made to sublimate them so that they will find complete and pleasurable expression on a higher level. It is through such processes that diseases are cured by psychoanalysis.

Self Psychoanalysis.—Up to about 1920, this was as far as the most advanced psychoanalyst thought of proceeding. He felt that he could cure the majority of nervous, and some mental, diseases by these methods, and possibly a number of other diseases that were not deep-seated organic troubles; but he saw no particular advantages to the ordinary fairly healthy person in the discoveries of psychoanalysis, astounding though they were.

But about the time mentioned, a number of the most eminent psychologists extended their experiments into the lives of what are considered to be quite normal people. And they attained the most astonishing results. For they found that in every person's life there have been innumerable painful experiences, which have been entirely forgotten by the objective mind, yet which continue to be responsible for much misery, inefficiency and failure. In fact, it was discovered that almost every experience of life, that at the time of its occurrence was accompanied by strong painful emotions, continues to hamper and restrict the individual, and to influence him in a derogatory manner. As a result of this discovery, they

came to advocate Self Psychoanalysis by every person.

In the years since then, more and more the process they advocated has justified their faith in it. And because it thus has stood the test of time warrants the quotation of a paragraph showing what was claimed for it then. It is from an article on the subject by William MacHarg and Wilfred Lay, Ph.D., which appeared in the Cosmopolitan Magazine for September, 1921.

"Self Psychoanalysis takes, ordinarily, half an hour a day for about four months. You will not, however, have to wait so long before you feel the effect of it. Within a few weeks you will begin to feel an increase in your self-confidence, a drawing together of your mental powers and a satisfaction in your contact with the world. At the end of six weeks you will be amazed at the strengthening of your memory, and the incidents of your early childhood that you can recall. When your self psychoanalysis has been completed, you will find so many roads to success and happiness open to you that you will be able to choose what sort of life you want to live."

After thus choosing the sort of life you wish to live, if it be of the type we have been considering, which requires a high physical, mental and spiritual success, in order to live it fully it is probable the character must be still further changed through Conversion and the application of Mental Antidotes; but at least the self psychoanalysis indicated will place your feet firmly on the road leading to such high success.

It will be noticed that special mention is made of childhood memories. Biological changes, as had been demonstrated by laboratory experiments, are very rapid in infancy. At that period one ages greatly in a short space of time; but these changes, and the aging process, progressively slow down with the passing of the years. The biological changes, such as those which exhibit the aging of the individual, may be almost imperceptible during the course of a year in a man of eighty, while during the first year of life they always are vast.

And in a similar way the astral form seems to be more plastic and easily molded by impressions received during the earliest years of life than at subsequent periods. The child seems to feel more intensely, and therefore, through this feeling, to build more powerful desires into his astral form. Furthermore, his lack of experience with the ways of the world permits him often to place an exaggerated importance upon trifles. To the extent he is sensitive, and thus unable to appraise events at their true value, he suffers great mental pain from rather insignificant events. And each time he thus suffers, regardless of the real triviality or magnitude of the suffering's cause, he adds thought-elements to his astral body along with painful Conditioning Energy which causes them to enter into discordant compounds, or if the Conditioning Energy is sufficiently exaggerated, to form a complex.

The fact that, as he grows older, he forgets most of these painful experiences, in no way alters their power to attract him to unfortunate conditions. For

just as an organism is repelled by pain, and endeavors to escape from it, so the objective mind also endeavors to escape pain; it being one of the laws of objective consciousness that it ever strives to inhibit the memory of all disagreeable events and emotions.

That is why, looking back upon childhood, we remember it as the time of the Happy Days. This is also the reason that a year after a vacation in the mountains, the wet, the cold, the grinding toil of climbing, the mosquitoes, and the blinding smoke of the camp-fire, are completely forgotten. Only the joyous camaraderie of camp, the wide-spread vistas, the noble trees, the singing waters, and the glorious sunsets, are remembered. The disagreeable part remains, but it is held submerged in the unconscious mind, and only the pleasant experiences commonly are recalled.

But there is this difference between the hardships of a vacation and the hardships of childhood: the former are viewed as incidental accompaniments of an effort resulting in pleasure, as all a part of the day's work and play; while the latter are viewed as serious troubles, as important menaces to life and happiness. It is the mental element, rather than the physical pain, which because of the intensity of its distress in the disagreeable thoughts and emotions of childhood, then contributes Conditioning Energy which is particularly potent to form virulent complexes.

One who is a failure in life, who continually experiences hard luck, may be amazed to learn that the cause of his failure is the fear inculcated into him as

a child by the religious teachings of eternal damnation; that it is caused by the inward frustration arising from constantly hearing the word "Don't!" from his parents; that it is the result of a feeling of inferiority produced by associating with an older brother or sister; or that it is the outcome of the repressed rage felt against members of his own family in childhood. Yet such frequently is the case.

A child is, of necessity, denied so many of its desires, is forced not to do this, and not to do that, and coerced into doing so many things against its inclination, that in the astral body of all ordinary adult human beings there are discordant complexes which have had their origin in the experiences of early life, in addition to thought-cells containing discordant thought compounds. And there may also very well be others originating later in life, which have arisen from circumstances of a far more serious kind.

In the complete reorganization of the character, therefore, to the end of making it highly competent and fortunate, it is well to begin with the Reconditioning of the various discordant complexes and repressions within the astral body that have been built by experiences earlier in the life; so that their energies shall be diverted into expressing through some harmonious and beneficial activity. And to facilitate the Reconditioning of each of these complexes and repressions, it is advantageous to remember the experiences which gave them the Conditioning energy which is thus to be changed.

Most of these experiences when they are remem-

bered, and viewed by the light of later knowledge, which enables them to be arranged according to a broader philosophy, will be seen to have been either quite insignificant, merely as the incidents necessary in life's struggle, or as the avenue through which some important lesson, essential to progress, could be learned. And it has been found in psychoanalytic practice, that whenever a disagreeable experience is thus recalled in memory, and seen to be, after all, a benefit, that the new and pleasurable emotion then imparted to it tends to Recondition the thought-elements within the compound, or the arrangement within the complex, so that it expresses more harmoniously.

When one can honestly laugh at his own past misfortunes, the thought-elements within the astral form derived from them are subjected to the process of Conversion, and are rearranged to form a constructive compound. And in like manner, in recalling the various annoyances of childhood, if they can be seen as mere trifles, the virulent compounds they have formed will be Reconditioned into those which are beneficial, and their repressed energy diverted into useful work . Thus it becomes an advantage, as an early step in attaining Realization, in the fullest sense of the word, to recall in memory all the disagreeable experiences of the past, and to view them either as events whose importance at the time was ridiculously over estimated, or as a necessary and truly beneficial stepping stone on the pathway to higher things.

It should be understood, however, that any dis-

agreeable event is to be called up in memory only for the transitory purpose of giving it more pleasant Conditioning Energy. For, if recalled in memory to again experience the disagreeable emotions, it will be given new thought-elements along with additional Conditioning Energy of the type which will increase the power of its discord. A painful image held in the mind strengthens the compound which it gave form, and tends to attract other similar painful events. But an experience that was once deemed painful, recalled in memory as an experience from which in reality benefit was derived, tends to rearrange the thought-elements in the compound associated with it.

At the same time, it is always well to associate every such painful picture with a stronger picture in which there is pleasure; to associate the picture from childhood with a later experience in which there were more agreeable happenings. The end sought should be merely to remember the painful incident long enough to reorganize it by giving it a new polarity; and not to dwell on the image of the experience, for that tends to attract other experiences of a like nature. The experience is to be recalled only to view its pleasurable side, and then having Converted it, to let the matter drop. For the rule is, in all visualizing, that the picture of the desired condition should receive the major portion of the energy and attention.

The Record Which Reveals Repressions and Complexes.—To recall the events which were responsible for repressions and complexes which now exist within the astral form, in addition to other methods,

Free Association may be used. Under ordinary circumstances the most convenient and effective way of doing this is to set apart a half hour each day. Then, with a notebook and pencil ready at hand, recline in an easy position with the muscles completely relaxed and the mind as much of a blank as possible. Thus, as near to the sleeping state as can be maintained without loss of objective consciousness, permit whatever thoughts may come, to pass freely through the mind. From time to time, arouse sufficiently to make notes of these thoughts and mental pictures; notes that are for no one else to read but yourself. And, as if the psychoanalysis proves successful, before it is finished all the sordid side of the inner nature, the unsublimated primitive desires and impulses, will have contributed their share to the record, these notes should be kept under lock and key.

In addition to what passes through the mind in Free Association, the record also should include an account of all dreams, and all blunders and mistakes made during the day.

For awhile it will be quite enough to keep this record without trying to understand it. But after a week or two some of the notes may be read over in the attempt to discern just what repressions and complexes and thought compounds they express. From the Free Associations, one thought suggesting another, gradually there will come remembrances of humiliating experiences and of shameful thoughts and desires. When these are remembered, they can be Reconditioned pleasantly through viewing them in proper perspective; as trivial, as experiences neces-

sary and valuable for the fuller understanding of life, or as primitive propensities not yet sublimated, but which when properly diverted furnish energies that can be used for high purposes of construction.

The cause of little forgetfulnesses, the misplacing of this article, the failure to remember that engagement, the tipping over of the water glass, the various other blunders, may be traced, in each instance, to some disagreeable experience or thought with which the matter is in some way mentally associated. And by tracing the line of thought, by the method of Free Association, which spontaneously passes through the mind, with the blunder as a starting point, the disagreeable event which caused the complex, and through it the error, can be located. When once it is located, it can then be viewed in the light of a broad and optimistic philosophy, laughed at perhaps, and thus Converted into a source of energy which will prove beneficent and constructive.

The dreams will be a little more difficult to unravel. Some of them, and possibly some of the scenes viewed while practicing Free Association, may be actual astral conditions. But commonly more of them will symbolize some strong desire that has been repressed. And by taking each factor of the dream and finding just what other thoughts and images naturally follow it in Free Association, it is possible to learn what is symbolized by each.

In this connection it is well to bear in mind that the parts of the dream soonest forgotten are apt to be the most important from the standpoint of psychoanalysis; for the objective consciousness tends to

thrust the portion that arises from a disagreeable complex out of the memory. Thus by writing down the dream immediately upon waking, and then writing it down again later in the day, or on the following day, it will be found considerably altered. And the portion changed or omitted, because there is always a tendency to forget that which is most painful, frequently is the part of greatest symbolic value. It is the part which directly symbolizes the discordant complex.

When the meaning of the dream is made plain: that there is such and such a desire within the astral form which, perhaps, the objective mind would not even recognize as a possible desire; a mental acknowledgment that the desire exists, and as explained in detail in lesson No. 60, the sublimation of its energies so that they will find an acceptable and adequate expression of their basic nature, will convert a source of hindrance and discord into constructive energies which can be used to advance the life along the path selected.

For the best results this process of self psychoanalysis should continue over a period of several months. It is the general training that should precede the more specific application of Conversion and Mental Antidotes to the discordant thought-compounds mapped by discordantly aspected planets in the birth-chart. Before a gymnast is given drastic exercises to make him especially strong and skillful for some particular feat, it is common to give him a period of general training in which the objects are to build up the entire body to a point of vigorous health,

and to remedy any little weaknesses here and there that may, if not strengthened, in time cause trouble.

Proceeding along a very similar line toward full Realization, physically, mentally, and spiritually, before attempting the reorganization of the thought-compounds and groups of thought-cells which already had been built into the astral body before the moment of birth, and which are specifically mapped by the birth-chart planets, and before starting on the work of building into the astral body such compounds and dynamic stellar structures as would be mapped by the birth-chart if it could be given the planetary strength and the aspects desired, it seems wise first to prepare for this more arduous work by self psychoanalysis. This will release pernicious repressions and Recondition complexes and compounds of the type that have been acquired since human birth.

Reconditioning the Compounds Mapped by Birth-Chart Constants.—After the Reconditioning of the desires of compounds and complexes which can be reached through the methods of psychoanalysis has been completed, the next step is to bring about the Reconditioning of the thought-compounds and Stellar-cells in the unconscious mind which are mapped by birth-chart Constants which show a predisposition toward specific diseases and difficulties.

As the method of doing this through Conversion and Mental Antidotes has been fully explained in the earlier lessons of this course, it only remains to emphasize that in applying the appropriate kind of thoughts and Conditioning Energy, it is essential to have the precise mental images or thought-train ever

ready at hand and easy to use, and that steps be taken to insure that they always are used on the occasions selected for applying them to the discordant thought-compounds. Just a hazy general notion will not do. If a discordant compound is to be Reconditioned into one harmonious, a definite and effective system of applying the proper thoughts to it must be formulated and strictly observed.

Building Into the Character Such Qualities As Might be Mapped By Any Birth-Chart Desired.— So far, we have been chiefly considering altering energies that already have been built into the unconscious mind so that they will express, not as discords and conflicts, but in the most harmonious and effective manner. But when it is remembered that all that is within the unconscious mind, whether mapped by the birth-chart or acquired since birth, has been added to it through experience, we perceive that merely Reconditioning what already resides within the character is only a portion of the work to be accomplished in gaining complete Realization. It is only repair work, so to speak. And in addition to it, many new parts can be added which will enable the character to function on a level otherwise it could never hope to reach.

Just what these new parts, which are well organized groups of thought-cells added to the astral body through appropriate mental processes, are, which a given individual should acquire for his character, depends upon what he already has, and upon the specific cosmic work he feels he should accomplish. In the limited space here at disposal, it will be possible

to indicate only a few of the beneficial character factors, and how they can be built into the unconscious mind, so that they will have all the force of such a dynamic stellar structure as is mapped by a certain planet when it is prominent and harmoniously aspected in the birth-chart. But this will indicate the method used. And it will be understood that qualities, through the use of such methods, can be added to the character, if enough energy can be applied in the process, such as are represented by any selected planetary position and aspect in a chart at birth.

Acquiring Postiveness and Vitality.—Upon the energy and harmony of the Power thought-cells within the astral body depends the vitality and the ability to resist the mental influence of others. Especially people who have the negative planets prominent in their birth-charts need an additional supply of the Power thought-cells to enable them to keep from being swayed from their purpose and to prevent their domination. They represent the specific mental factors most needed by those who are troubled by psychic forces, more about which will be explained in the next lesson. Self-esteem and self-confidence are expressions of these Power urges. Self-esteem is essential to anyone who would gain the esteem of others, and self-confidence is necessary to the efficient performance of any worth-while task.

Self depreciation and lack of pride and firmness all too often are responsible for failure. But to preserve significance it is not necessary to be arrogant nor condescending. Yet it is imperative that one recognize one's own importance and value. And, as

a matter of fact, each human is being fitted to occupy a function in life that he can fill better than any other. Each person is really an important cog in the cosmic scheme; and the proper turning of the mill of the gods depends upon each cog in the universal wheel performing its special function. Thus is each of us being shaped and polished to be able to perform his work in the universal scheme of things with ever greater nicety.

Therefore, each day when the aspirant for Realization retires for his half hour or so, let him spend a portion of the time meditating deeply on these facts. Let him withdraw his attention from the cares of the day, and thinking of these matters, learn to Feel his oneness with the whole universe. Let him feel and know that he is a part of the Universal Life, and that he is in harmony with this All Of Life; and being conscious of it, that he is working daily and doing his part to carry out the cosmic program.

He will then feel and Realize that he is working under Divine guidance, and that he has responsibilities to the Master Mind which none but himself can fulfill. And he should permit this Realization of his oneness with all life, and the Realization that he is assisting in the universal work, to fill him with great joy and thanksgiving. Let it inspire him to be conscientious, firm, and self-confident in the performance of life's work, and let it induce in him a great pleasure through the exercise of these qualities. Then let him go forth and manifest these attributes in action. By so doing he will build into himself those thought-cells which give length of life, vitality, and power.

Acquiring Abundance. — These Power thought-cells attract success through their strength and virile energy. They lead to positions of authority, and give the ability to command others. But there is still another group of thought-cells which has a special facility to attract abundance and exceptional good fortune. These are the Religious thought-cells. And the most powerfully harmonious compound that can be formed is one in which the Power thought-elements combine pleasantly with the Religious thought-elements. Therefore, after it becomes possible to Enter The Silence—to turn the thoughts from the external environment to an apprehension of the inner feelings and thoughts—and to realize that you are an eternal spark of Deity, possessing an immortal soul that is working in harmony with all other souls for universal progression; then learn to Feel intensely Devotion, Hope, Cheerfulness, Veneration, Faith and Optimism.

Realizing that you are a part of Deific Life, and working under the direction of the Master Architect, it will be easy to bring thoughts of benevolence, hope and faith into association with thoughts of conscientiousness, self-esteem and pride; for you then will inwardly know that one who serves God so faithfully will only reap that which is good. And after the period of Going Into The Silence and feeling this Realization within, then go forth into the world and confirm your Realization by Acts; for when a change has really been made in the astral body, it will manifest in the outward form, and by the act is this inward change then demonstrated.

In this building these new and harmonious compounds into the astral form by the power of thought, the strength of the compound is determined by the volume and intensity of the feeling imparted to it. But the kind of a compound that is organized depends upon the quality of the emotions that accompany its formation.

In the formation of the religious-power-compound, for instance, which I have just explained how to construct, if the thoughts accompanying its formation, during the period of meditation and when carried out by appropriate acts, are persistent and mildly pleasant, a Growth-compound will be formed. If the thoughts are mildly pleasant, but rather intermittent, and interspersed with some slightly discordant feelings, the compound formed will be of the Expansion variety. If, however, the feelings accompanying the thoughts and deeds of a power and religious nature are of the buoyant and joyous quality, the result will be an Opportunity-compound. But if the emotion is more than joyous, being also enthusiastically happy and intensely blissful, then will a Luck-compound be constructed. Such a combination is then called a Power-Religious-Luck-Compound; and no more powerful influence exists on earth for the purpose of attracting Good Fortune.

The same principles hold also for the formation of harmonious mental compounds from the other thought-elements: the intensity of the pleasure accompanying their formation determines whether they will enter into the construction of a Growth, an Expansion, an Opportunity, or a Luck, compound.

Acquiring Good Fortune With the Populace and the Opposite Sex.—The next most powerful compound that can be incorporated into the character for the purpose of attaining the highest Realization of success is a harmonious Domestic-Power-Compound, particularly if it is also a Luck-Compound. It is not so potent to bring blind good fortune as a harmonious Religious-Power-Compound; but it gives greater ability, and is even more beneficial to the health. It causes the vital processes and physical functions to co-operate perfectly, endowing the person both with vitality and a strong constitution. It attracts favors from the opposite sex and from people in power, and gives popularity with the general populace. It thus aids in the accumulation of wealth, in gaining favorable publicity, and in the rapid advancement of the social and business position.

To build such a compound into the astral body, a justifiable joy should be felt in one's own importance, and a particular pleasure should be felt in using whatever station, income, and advantages that are gained to make the home and family more attractive. Few things build up those mental conditions which lead to general unpopularity so rapidly as does a discordant home life. And few things tend so quickly to attract popularity as does the compounds built into the unconscious mind by a happy home. When such a happy home life can be made to inspire a feeling of importance, dignity, and conscientiousness, so that these feelings can be carried strongly into the business world, we have one of the most potent influences extant, not merely for business success, but

for honesty, morality, and integrity of character.

Yet in building such a compound, it is important to remember that it is not the actual events which happen in the home, the people in it, or the beauty of its surroundings, that tend to form integrative or disintegrative thought-compounds; but the mental attitude toward these things.

Life in a hovel, while surrounded by unsympathetic people, can be made a potent factor in organizing harmonious compounds if one will but search minutely for causes of joy. And, on the other hand, a palace and servants may be made a potent source of discord, if only the disagreeable side of conditions is perceived. It is not the nature of the events which happen that cause the fortunate Conditioning of compounds, but the amount of happiness felt due to the event.

Acquiring Affectional Success.—The compounds coming third in the order of their potency for good, are the Social-compounds. In the astral body of a man, a Domestic-Social-compound is more fortunate, because women have so much to do with making or marring the life of a man, and this is the most fortunate of all compounds for Realizing affectional success, and for attracting good fortune through women. In the astral body of a woman, the Social-Power-compound is more fortunate; for it insures her happiness where affectional matters are concerned, and also gives her great success in all her dealings with men.

For a man deliberately to set about building a Domestic-Social-compound into his astral form, he

should grasp every opportunity to associate an interest in providing for, and looking after, his own family, with taking an active part in promoting social activities. He should take a special interest in going out among people accompanied by his family, or if he has no family of his own, with children or people who are helpless and need care. He should learn greatly to enjoy mixing with people, and the mixing of his family with others in social affairs. The custom of whole families paying visits upon other families is good practice, provided, of course, it can be arranged so that all concerned will have a happy time. The man who loves to entertain in his own home will benefit by it both in popularity and in health.

For a woman to build a Social-Power-compound into her astral body, she should not confine her interests entirely to domestic duties, but should take a pride in her personal appearance, and in being agreeable company. The cultivation of a feeling of kindness and friendliness toward all persons she meets, will tend to combine the Social and the Power thought-elements properly; and if along with this there also is felt a joy in being rather queenly and dignified, this will tend to the Conditioning of a harmonious Social-Power-compound. Mirth is as important in this life as it work; and dignity and self-esteem also have their important function.

Acquiring Other Good Fortune.—It will be found quite profitable systematically to build any two families of thought-elements into the astral body as a harmonious compound. But because of their greater

importance in human life, the time and energy may be spent more profitably in adding to the thought-cells, compounds in which one of three families of thought-elements always are present. The most important family, that should be harmoniously combined with as many other families as possible, it that of the Power thought-elements. Next in importance to the Power group are the elements belonging to the Domestic thought-element family. And third in importance are the thought-elements of the Intellectual family.

The etheric energies of the body, that is, the nerve currents and their magnetic field, in their positive phase are governed by the releases of desire energies by the Power thought-cells; and the four-dimensional activities of these thought-cells, as mapped by the progressed aspects of the Sun in a birth-chart, are responsible for attracting many of the events of major importance into the life. In their negative phase the nerve currents and their magnetic field are governed by the release of desire energies by the Domestic thought-cells; and the four dimensional activities of these thought-cells, as mapped by the progressed aspects of the Moon in a birth-chart, are responsible for attracting many events into the life of sub-major importance.

The electric currents, generated through the release of desire energies by the Power thought-cells and Domestic thought-cells, in the wave-length of their radiations, are commonly governed by the release of desire energies by the Intellectual thought-cells. These thought-cells powerfully influence the

trend of objective thinking, and the thoughts thus gaining objective attention raise or lower the vibratory rates of the energy radiated; and through this control of the comparative shortness of the wavelengths emitted, the individual tunes in on planetary and other broadcasts of a similar frequency. The energy thus tuned in on, radio fashion, through the thoughts and feelings that at the time are before the objective attention, finds its way over the etheric energies of the nervous system, which are ready conductors of astral broadcasts, to the thought-cells in various regions of the astral body. Furthermore, the thoughts and feelings, as this whole course has constantly emphasized, determine what elements are added to the thought-cells and how they are Conditioned to act.

It is to the Intellectual thought-cells that we must look for the ability to keep the thoughts Directed into the specific channels which will provide Mental Antidotes or produce Conversion, and which will add elements to the astral body only in a manner which will prove constructive and assist in attaining Realization. Therefore, no pains and effort should be spared to insure that these Intellectual thought-cells have abundant and harmonious desire energies which with facility can be released.

JUST HOW TO GIVE ABSENT TREATMENTS

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ELBERT BENJAMINE

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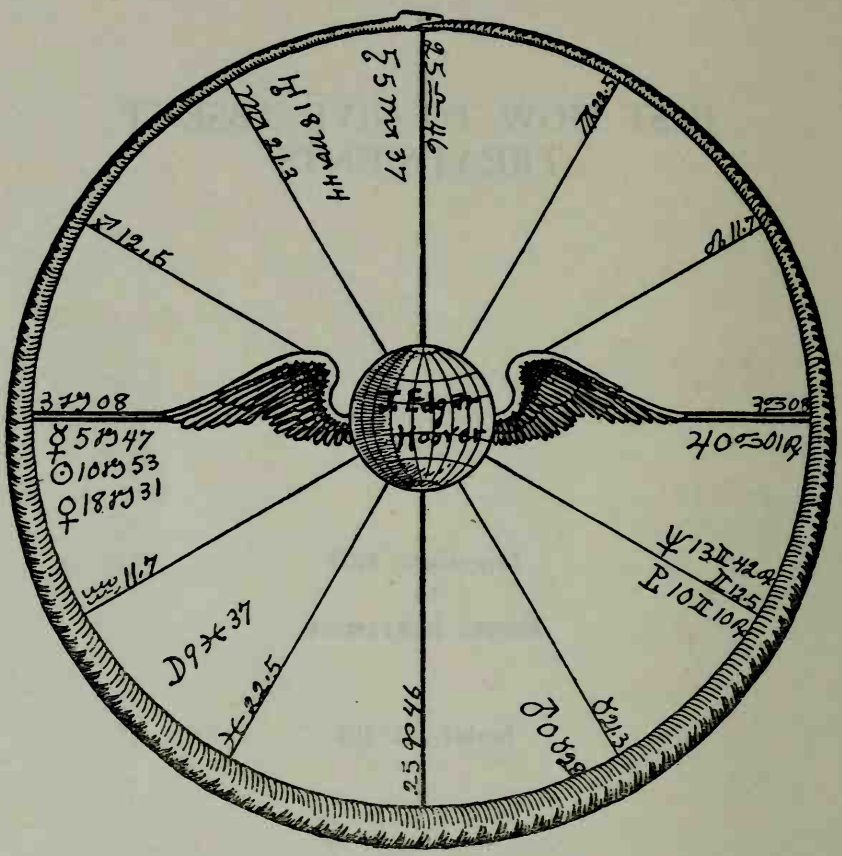


J. EDGAR HOOVER, January 1, 1895, 7:00 a.m. E.S.T. 77W00 39N00.

1924, was given charge of Federal Bureau of Investigation: Venus and Mercury trine Jupiter *r.*

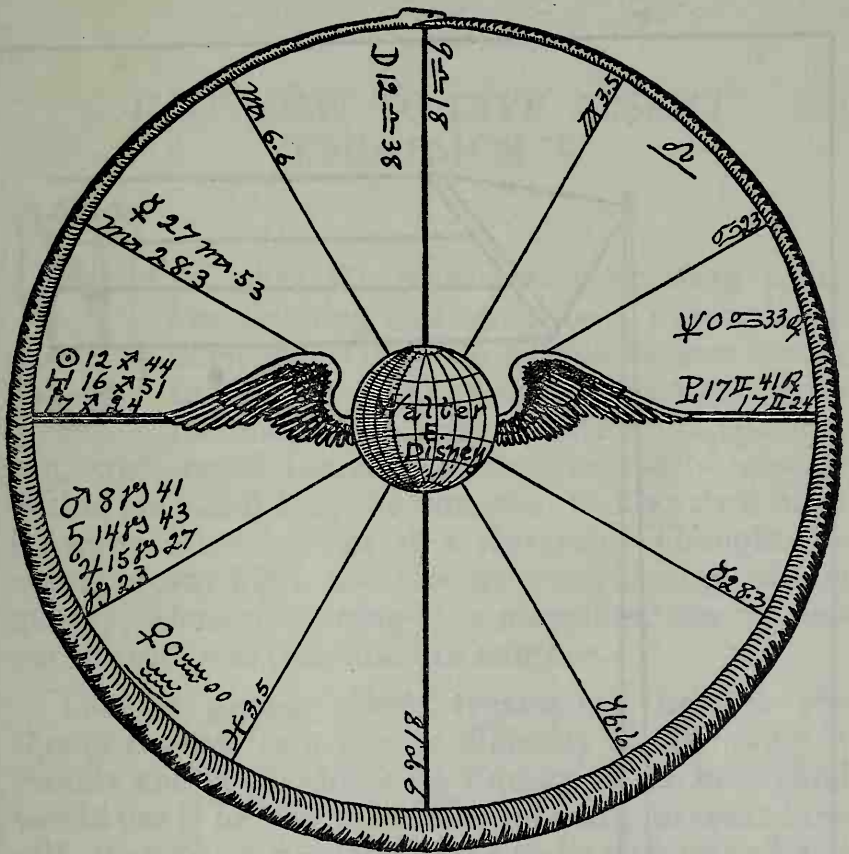
1932, March, search for Lindbergh baby: Sun square Uranus *r.*

1933, July 30, appointed Director of War on Crime: Mars opposition Uranus *r,* Venus trine Saturn *p,* Mars trine Venus *r.*

1934, August 19, hurt in airplane crash: Mars opposition Uranus *r.*

1935, April 23, campaign against jewelry robbers: Venus conjunction Moon *r.*

1936, spring, caught remaining kidnapers of the 62 since Lindbergh case, clearing the board: Mars still opposition Uranus *p,* Mercury conjunction Venus *p,* Mercury and Venus sextile Sun *r.*



WALTER E. DISNEY, December 5, 1901, 7:30 a.m. E.S.T. 87W39 41N52.

1917, made cartoons for farm papers: Venus sesqui-square Neptune *r.*

1918, drove ambulance in France: Sun opposition Neptune *p.*

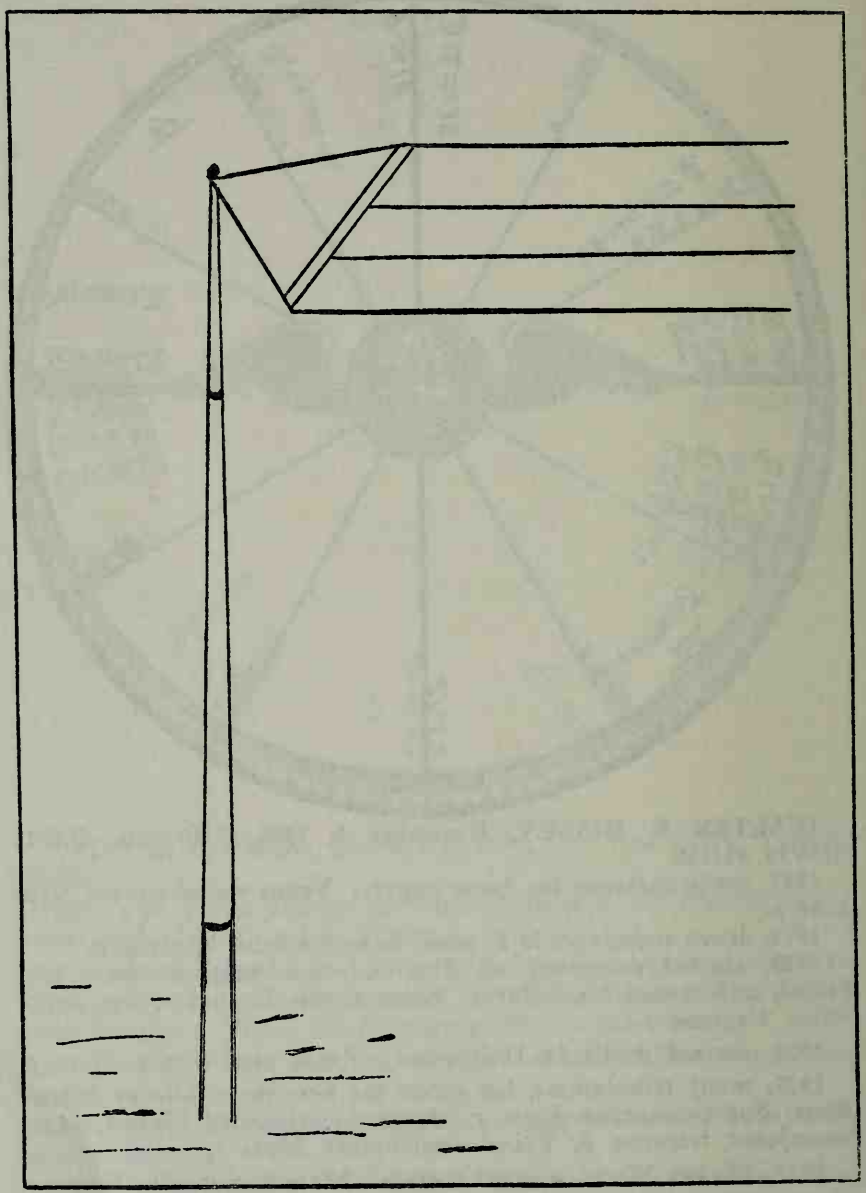
1919, started company, but firm to whom cartoons were sold failed, and caused his failure: Venus sextile Uranus *r,* Sun opposition Neptune *r.*

1923, started studio in Hollywood: Venus semi-sextile Mars *p.*

1927, many tribulations, but made the first three Mickey Mouse films: Sun conjunction Mars, *r,* Mercury conjunction Mars *r,* Mars inconjunct Neptune *p,* Venus semi-square Mars *r.*

1928, Mickey Mouse a great success: Mars conjunction Venus *r.*

1933, Three Little Pigs animated cartoon a great success: Sun conjunction Saturn *r* and Jupiter *r.*



JUST HOW TO GIVE ABSENT TREATMENTS

NOW that the principles underlying radio broadcasting and reception are so well understood, it is not so difficult as once it was, to perceive that any thought process which the individual might himself inaugurate, can, with equal force, and effectiveness of change within his astral form be imparted to his astral body by some other person at a distance. Thought-elements of any kind, and Conditioning Energy of any quality, when the tuning-in is adequate, can be conveyed from one individual to another.

Thus in giving absent treatments, because the thoughts used for a specific difficulty are the same in Family and in Conditioning Energy as the individual would use if he had the ability mentally to treat himself, that which specially needs to be understood and used, is the tuning-in process, which when completed commonly is called rapport.

Two objects or two persons are said to be in rapport when their vibrations are synchronous and of similar frequencies; that is, when they both impart to a common medium vibrations that have the same rate of motion in such a manner that the crest of a wave-motion in one corresponds, in point of time, to the crest of a similar wave-motion in the other. In the transmission of thought over short spaces, the common medium may be the ether, but in giving ab-

sent treatments at a distance, the medium which carries the energies from the healer to the patient usually is astral substance.

This condition of rapport between people may be only partial, or it may be very complete. When the same tones are sounded on two musical instruments, the rapport between them is very complete. But when an orchestra is playing, the same tones are sounded simultaneously only on some of the various instruments, and other tones that do not have the same frequencies are sounded on different instruments. Therefore, the rapports between instruments is complete only in so far as the tones sounded are the same; and between other instruments and tones the rapport may be partial, or not at all. Thus also, the rapport between the healer and the patient may, be confined to a very limited section of the patient's astral body, or it may be so complete that the two personalities, for the time, seem identical.

When two objects are in rapport they may impart energies from one to another, even at a great distance, with facility. The general principle can be demonstrated by striking a tone on a musical instrument in the same room with a piano. The tone will be responded to by a similar tone from the piano, showing that energy has been imparted to it. In radio, the electric frequencies set up in one aerial impart motions to the ether which sets up similar motions in any other terminal which is within the radius of its vibratory waves. But only a receiving set which is in rapport with the sending set, which is

tuned to about the same number of kilocycles, can receive the message.

And in a similar way, in order that the person to whom the absent treatment is sent shall intercept it, and through this means have energies applied to the thought-cell structure of his astral body, it is necessary that more or less rapport be establish between the healer and the patient. As a rule this rapport is only partial; but the more complete it is, the greater will be the facility for the thoughts sent by the healer to reach and influence the patient.

Inducing the Rapport.—Therefore, in giving absent treatments, the first essential is, in so far as possible, to establish a condition of complete rapport between the healer and the patient. To do this it becomes necessary for the healer to contact the patient astrally, that is, through the medium of astral substance, and then to raise or lower his own vibrations until they vibrate in unison with the patient he is to treat.

To contact the patient, if he has previously seen him, or has his picture, he may visualize him; that is, make a picture of the patient in his imagination. But if he has never seen the patient or his picture, he then should hold some object in his hand that the patient at some time has touched, such as a handkerchief, or a letter he has written. And even more potent as a means of focusing the attention on the patient than his picture or an object he has carried, is his astrological birth-chart; for it is an accurate map, not merely of his physical body, but also of his character,

including those very thought-groups which the healer wishes to manipulate in the process of healing.

Looking at the picture of the patient, or his horoscope, or touching some article he has had in his possession, the healer then should relax physically, as much as possible, but at the same time keep his attention alert and keen. His nervous system should be passive, for the time being, to pick up, radio fashion, the vibrations it intercepts coming from the patient; but the brain should retain tension enough to be able to recognize when the rapport has been effected, and also to direct the thoughts afterwards.

In this state of receptivity, the healer should endeaver to FEEL his patient; permitting the article he holds, or the chart or picture, to give him the vibratory rate which he is to tune in on. When he FEELS this vibratory rate, and that he thus has made astral contact with the patient, he then should raise or lower his own vibrations, and adjust them as completely as possible to the FEEL of his patient, until he senses that there is a complete sympathy with him.

Not everyone is sensitive enough to recognize when they have inwardly made contact with another person, or even when they are in rapport with him. But those in whose birth-charts either Neptune or Pluto is prominent, with practice, can acquire this ability.

Maintaining Control.—When rapport is established, which is felt as an inward indentity between the healer and the patient, while maintaining an attitude

of sympathy which may be permitted to go so far as to enable the healer to FEEL the discords within the patient, and from them to diagnose the difficulty to be treated, the healer, nevertheless, through alertness of brain, should keep the situation well in hand. He must not permit himself to be swayed by the thoughts and feelings of the patient whom now he has inwardly contacted. Instead, he must have a reserve of power, of the kind especially given by a prominent birth-chart Uranus or Sun, with which he can vitalize the healing thoughts he now should send the patient.

The Etheric Radiations Given by Each of the Three Upper-Octave Planets.—Electrical Potential, or voltage, is something different from the wave length of electromagnetic energies radiated. Some radio stations, for instance, are powerful enough to drown out other broadcasts which are operating on nearly the same kilocycles. Yet for long distance transmission, the high-frequency, short waves commonly are used.

Lesson No. 64 explains in detail how the electrical energies which become nerve currents and are used in objective thinking are generated by the protoplasmic cells of organic life, each of which is a miniature electric battery. And there is explained also how man, through his thoughts and feelings, has the ability to increase or decrease his mental and nervous tension, which means the rapidity with which the nitrogen compounds release radiant energy, and so control the comparative shortness of the wave-

lengths emitted, and thus tune in on various levels. And that as the etheric energies of the nervous system are ready conductors and transformers of corresponding astral broadcasts, he can tune in not merely on broadcasts through the ether, but on astral broadcasts from the planets and from minds that no longer are of earth.

And in that lesson also is explained that the lately discovered electrical properties of protein, prove that the nervous system is not merely a radio receiving set, but that its phenomena are reversible, so that it can be made, at will, either a receiving or a broadcasting set. During use as a receiving set, if through properly Directed Thinking, or even through the process of more spontaneous thinking and feeling, the brain-cells are given considerable activity, they generate high electrical charges which reverses the process, and the nervous system then becomes a broadcasting instrument.

Electrical processes are both positive and negative. Laboratory experiments prove that the brain is the most positive region of the body and the liver is the most negative region. But in sleep, as explained in lesson No. 64, the most effective electric batteries of the body, the cells of the gray matter of the brain, become recharged. And even while retaining consciousness they may be permitted to lose so much tension, to so relax, that they no longer generate electrical charges of much potential.

The rapidity with which the protein fraction of the cells of the brain and nervous system release the

short wave-lengths which lightning or nitrifying bacteria have stored in their molecules is largely governed by the hormones secreted by the endocrine glands. And those individuals in whose birth-charts the planet Uranus is prominent, probably through its influence upon the parathyroid glands, develop a higher, even though often unstable and not persistent, electrical potential than do any other people. That is, temporarily, at least, they have at their command more electrical power. But while greater in voltage, it seems that the wave-lengths radiated are not so short, nor have they long distance carrying power, of those developed in the brains and nervous systems of people in whose charts either Neptune or Pluto is prominent.

The high nervous tension of those with Uranus prominent in their birth-charts is coincident with the development of electrical charges which radiate, especially through the ether, with great force. Orators and those who sway people through the spoken word or personal influence, to be successful, as ascertained from a statistical study of their charts, must have Uranus prominent in their birth-charts.

Personal magnetism is the etheric radiations of an individual; and nothing gives the compelling force to the personal magnetism that Uranus does. Others, with a lower electrical potential, are unable to resist its power because, after all, we must depend upon electrical currents, or nerve impluses, to control our behavior. At all times there is competition between various nerve currents, which are electrical dis-

charges, for control of the actions; and the one which, at the time, is strongest, that is, has the highest potential, overcomes its rivals, and determines what is done.

The brain is able to exercise such control as it has over the thoughts and actions due to its cells generating higher electrical potentials than those generated by the nerves of the organs, or by stimuli coming in over the nerves from the outside world. Each person has an electromagnetic field of force, or aura, which when it contacts the nerves and brain of another person tends to generate electrical conditions there, through a process of electromagnetic induction, which are in all respects similar.

Thus if at the time there is a marked difference in potential between the two individuals, the nerve currents, and thus the feelings, and for the time being even the thoughts, of the person of lower potential will be established by the person of higher potential; because in the competition between nerve currents, the currents induced by the electromagnetic, or etheric, radiations of the person of higher potential, have a higher voltage than those generated by the person thus influenced.

Volume of electrical energy generated also has a bearing upon the ability of the individual to control himself and to control others. This volume, and the persistence with which it is generated, determine the vitality and the ability to recuperate from disease; for the vital force of all physical life now has been

proved to be electricity generated by the miniature batteries which are the protoplasmic cells.

It is the Sun, operating chiefly through a secretion of the front pituitary gland, whose vibrations rule electricity of the vital sort. To the extent the Sun is prominent in the birth-chart are the Power thought-cells active and such vital energies generated. And these, in turn, give the power to exercise authority over others who, not having the Sun so prominent in their charts of birth, do not generate vital electricity in the same volume. Thus we find in the statistical anaylsis of the charts of those who occupy positions where they direct the activities of others, that such individuals invariably have the Sun prominent in their charts of birth.

This, however, is a less intense, a far more stable, and a much less erratic, influence than that exercised by Uranus. The Sun type of personal magnetism holds steady to a purpose, and gives a feeling of reliability and solid strength; while the temporarily more powerful magnetic influence of Uranus, with its shorter wave-length radiations, sweeps others off their feet and carries them into actions which, perhaps, they would not dream of doing if not thus influenced by electrical forces of a potential sufficiently high that they can not be resisted.

Electricity, however, is both positive and negative; and the wave-lengths radiated by the nervous systems of those with planet Neptune prominent seem to be shorter and of higher frequency than those ruled by Uranus, but they seem to operate on the negative

phase. The Neptune nervous system is far more sensitive than the Uranus nervous system, but the potential generated is much less, and instead of being a positive, controlling force, it is a negative and receptive one.

It is specifically adapted to bringing up into objective consciousness, through the electrical charges generated, whatever is seen, heard, tasted, smelled or felt, by the senses of the astral body, or unconscious mind. That is, the wave-lengths ruled by Neptune, when its influence is strongly imparted to the individual, seem specifically adapted to sensing happenings from the four-dimensional plane. They are of the frequency that most readily permits that which the unconscious mind records to float up, through using them to impart vibrations to the nerves and brain, into objective recognition. And they seem to be of the frequency also which enables the nervous system most readily to get in rapport with things most diverse in their vibratory rates.

Pluto, the other upper-octave planet, operating through the Universal-Welfare thought-cells upon the endocrine glands, generates electrical charges which have a higher potential than those of Neptune, but which are of shorter wave-length and greater carrying power. Apparently they can operate upon either the positive or the negative phase, but more commonly do so on the negative. They are less potent than those generated by Uranus to influence through the spoken word or personal contact, but are the most potent of all to influence through the method of thought transmission.

Through collecting the birth-charts of those in some manner closely associated with radio, and observing the aspects in the cycle charts when news relating to the radio came prominently before the notice of the public, we have demonstrated that radio is ruled by the planet Pluto. We find also that when people most readily get telepathic messages, and especially when they recognize thoughts sent to influence them, getting the thoughts clearly and becoming aware of the sender, is when there is a progressed aspect to Pluto operative in their charts of birth.

All the evidence points to the conclusion that for establishing rapport between two individuals, whether one has left the physical plane or both are still in physical bodies, and exchanging thoughts, that the wave-lengths generated when Pluto is prominent in the birth-chart are the most effective. Apparently they are not so conducive to tuning in on objects, or to perceiving astral scenes, as are the wave-lengths of Neptune; but as the means by which one intelligence, whether of the three-dimensional plane or the four-dimensional plane, can impress its thoughts upon another at a distance, they rank first. And people with Pluto prominent in their birth-charts are specially adapted to giving or receiving absent treatments.

Psychic Diagnosis.—When the healer is as sensitive as he should be for the highest efficiency in such work, as soon as the rapport is established he begins to feel in his own body the same discords from which the patient suffers. But he must not permit these

sensations to become pronounced enough to cause him much discomfort, or to be more than distinctly perceived. This he can prevent by holding a positive and assertive attitude of mind, provided of course, his brain generates electrical charges of sufficient volume and potential to maintain control of his thoughts and feelings. If one has the habit of being negative, or if one is exhausted, the potential that can be developed may be lower than that generated in the nervous system by the astral energies received from the patient, in which case one acquires the aches and pains of the patient, and retains them so long as the rapport lasts. For this reason one should never treat when tired or ill. To treat successfully, and without ill results to oneself, one should be rested and have a surplus of vital, which means electrical, energy on hand.

When he has sufficient electrical potential at his command, he can permit himself to FEEL his patient to the extent desirable, and yet have the ability instantly to reverse the process, and to any extent he desires, and instead of being a receiving set, to broadcast over the rapport thus established, to his patient. This enables him to make a quite complete psychic diagnosis of the patient without difficulty to himself.

If the patient's heart is affected, the healer will feel distress in the region of the heart. If the feet are the region of the trouble, then the healer's feet will cause him discomfort. And likewise with any other afflicted region of the patient's body. Even when the distress is financial, social, or domestic, the

sensitive healer will FEEL the nature of the discord. And by noting the thoughts that come into his mind while he is thus in rapport with his patient, he can trace the trouble to its Thought Cause.

When he becomes sensitive enough, by following the thoughts that come into his mind while he is relaxed and in complete rapport with the patient, he can apply the method of FREE ASSOCIATION to determine what repressions and complexes are present in the unconscious mind of the patient, and the nature of the disagreeable experiences in the patient's past which have been responsible for their formation. He will feel these conditions within himself—though he must not, for a moment, let them dominate him—and thus will he recognize the inner cause of the patient's trouble, even though the latter be on the further side of the globe.

Basic Inharmonies Between Healer and Patient.—The astral constitution, that is, the thought-cells and thought structures of the unconscious mind, of some people belong largely to one polarity while that of other people belong largely to the opposite polarity. It is this polarity of the thought-cells which determines whether a person is electric, magnetic, or electromagnetic in temperament. Although these terms more commonly are used to designate the polarity, and thus the type of radiations from, the etheric body, its polarity and thus the temperament, is determined by that of the astral body, to which in this particular it most closely corresponds. And the polarities of people's astral bodies are such as to cause

them to radiate astral vibrations that are either wholly positive, commanding and assertive; wholly negative, receptive and yielding; or a combination of the two extremes.

If a healer is electric in temperament, it is easy for him to raise or lower his vibrations the slight degree that becomes necessary to give them the same frequencies, and synchronous with, the vibrations of any other person who likewise is of the electirc temperament. But it may be quite impossible for him to change the whole polarity of his vibratory rate to such an extent that he will vibrate at the same rate, and in synchronism with, the vibrations of another person whose temperament is entirely magnetic. As a consequence, he will find it easy to come in rapport with electrical patients and difficult, or at times quite impossible, to come in rapport with magnetic patients. Or if the healer is entirely of the magnetic quality of vibration, he will find it easy to come in rapport with magnetic patients, and difficult, or impossible, to get in rapport with those entirely electric.

As a matter of experience, however, only the very extreme types of people are exclusively electric in temperament, or exclusively magnetic. But in most people, one of the two temperaments predominates, and when such is the case they will find it easier to get in rapport with those of the same predominant vibration. Also, there are some very evenly balanced between the two extremes. They are electromagnetic, and thus will find it more difficult to come in rapport with either of the extreme temperaments, and much

easier to form the sympathetic contact with those in whom neither electric nor magnetic qualities are too pronounced.

The relations between birth-charts that show sufficient similarity of vibratory rates to make rapport easy, as well as those which tend to prohibit a satisfactory exchange of energies, are set forth in lesson No. 109, under the heading, PHYSICAL HARMONY. But the healer who has developed any degree of sensitiveness to vibration will need no other index to a person's temperament than his own feelings. Furthermore, some healers, especially those with Neptune prominent in their birth-charts, have the ability to alter their own vibratory rate to a remarkable degree, so that hard and fast rules based on birth-chart positions should not be attempted.

If, however, when the healer attempts to form the rapport between himself and the patient, he feels a Sinking Sensation in his Solar Plexus, or if, when attempting to treat he feels a sickening or faint condition which remains during the treatment, he may know that the proper rapport has not been established. This inward realization that all is not right, and that he is not blending with the patient will, with a little practice, be very easy to distinguish from any feeling caused by the patient's diseased condition. It is a peculiar sensation that arises when the etheric or astral emanations of two people, between whom there is no similarity of vibrations, meet.

Malicious Animal Magnetism.—This peculiar sinking sensation is due to the recoil of the healer's

vibrations and thoughts from the astral body of the patient. This is the special Devil which Christian Science has brought to notice, and which it calls Malicious Animal Magnetism. In some cases, to be sure, it is actuated by malicious forethought; for any inimical thought sent against one may be felt as this peculiar sinking sensation, as a peculiar confusing vibration in the head, or as a discomforting vibration of the nerves elsewhere in the body. Commonly, however, the solar plexus is more sensitive than the brain, and thus the condition is more frequently felt in that region. But either a recoil from an unsuccessful treatment, or the presence of an inimical thought may affect the head instead, or even nerves elsewhere in the body; which once experienced is easy again to recognize.

Animal magnetism may be inimical, whether so intended or not. And its elevation to the prominence of a super-power for Evil by the founder of Christian Science was not the outcome of mere speculation, but the result of actual experience. For when two persons come into close contact astrally, as they must do when a treatment is to prove successful, they either form a condition of more or less complete rapport, or else the emanations from one fails to vibrate in synchronism with the vibrations of the other. And as a consequence they form an astral discord. Neither may be evilly inclined, and neither may send malicious thoughts toward the other, but both will feel discord, and both suffer from the contact.

Two musical instruments may both be very perfect, each in its own way; but if they are playing the same piece of music in different keys, or if they have the same key and are playing different selections of music, there results a terrible turmoil. Thus also, two people may both be very good, each in his own way; but if one is keyed to an electric polarity, and the other is keyed to a magnetic polarity, no matter how much one may endeavor to benefit the other by mental treatment, there will be only adverse results. In fact, to give a successful treatment in such a case the vibratory key of one or the other must be, for the time being, changed so completely that they will vibrate to similar frequencies.

Furthermore, if both are of the same temperament, and one is vibrating at the time entirely to one set of thoughts and the other entirely to another set of thoughts, the result will be unsatisfactory; for they are not in rapport. And whenever this lack of rapport is present, whatever its cause, the healer will feel internally the lack of the conditions which are essential to his success. Whenever he feels this, he should not attempt treatment. And if on repeated trials he gets only such conditions, he should refuse to treat the patient at all, for no good will result. In such cases it is better to turn the patient over to some other healer of as near the opposite polarity to himself as possible. Where he has failed, due to his peculiar temperament, another healer of opposite qualities should have little difficulty in securing a quick cure.

It will now be seen that malicious animal magnetism far more frequently is unintentionally malicious. It is merely the natural discord produced by the meeting vibrations of two persons who are not harmoniously keyed to each other. Thus a healer in attempting to treat a patient visualizes or thinks strongly about him. And because his astral emanations, and the thoughts he sends the patient, recoil upon himself, he is apt to think someone is sending him inimical thoughts.

There is but one way to cure such malicious animal magnetism, and that is mentally and physically to keep away from such persons as temporarily or intentionally are discordant to one's own nature. Yet while malicious animal magnetism is quite as much of a bugbear as witchcraft, also of New England fame, that at one time was considered so serious, and afterwards was thought not even worthy of recognition; in another light it has great significance. For the thoughts and other astral vibrations we contact, through our physical and mental associates, can not but have a powerful influence upon our lives.

Unconsciously, and subtlely, those with whom we associate are giving us thought and vibratory treatments, either to produce sickness and sorrow, or to promote health and success. And often there come those into our lives, attracted by the discords within ourselves, who, though good people, nevertheless, due to their temperaments and habits of thought, feed us astral poison. But whenever this is the case, if we will but heed our feelings we will recognize the

fact, and we will then no longer associate physically with, or think about, such persons.

Psychic Persecution.—Having mentioned deliberately used malicious animal magnetism, it may be well to relegate this new bugaboo, along with witchcraft, voodooism, black magic, and sorcery, to the position of insignificance each rightfully should occupy. Not one of these instruments for evil, when recognized for what it truly is, has any power worthy of important consideration in the life of the average normal person. They only have important power over those who fear them, or over those who, either naturally, or through deliberate cultivation, have little power to control their own thoughts and physical forms.

If one systematically cultivates the condition of being negative to unseen influences and intelligences, if one develops irresponsible mediumship, so as to permit any strong thought-force that comes along to control the actions; then there is serious danger from these sources. But if one cultivates the ability at all times to dominate and control his own thoughts and actions, to permit only such thoughts and perceptions as are desired to be held before the consciousness, then there is no danger from any one of these things. In fact, their power chiefly is derived from the circumstance that people give them energy and vitality and force by picturing them in their minds as things to be dreaded.

The Brethren of the Shadow, Voodooism, and Malicious Animal Magnetism, all have a very real

existence. So do thugs, robbers, and murderers. And if you go into some low dive where you know criminals of the worst kind abound, and go unarmed and in fear and trembling, the chances are in favor of harm coming to you. But if you stay away from such places, or if you must go there, you go adequately armed for the occasion, then there is little chance of damage.

Therefore, just remember that whenever you think about Inversive Brethern strongly, that astrally you are coming in contact with them. You are entering into mental association with them, just as much so as when you go among wolves on the physical plane you are associating yourself with dangerous animals. And if, when you think of inversive forces, you are negative and weak and have fear, they will attack you just as quickly as will wolves when you run from them and exhibit cowardice. But there is little necessity for coming in contact either with wolves or with unseen intelligences of evil. And should such contact seem advisable, or unavoidable, firearms in the case of wolves, and a calm, confident positive mental attitude in the case of inversive forces, will cause the danger to be insignificant.

And where some person on the physical plane succeeds in using mental power to injure another, whether called by witchcraft, voodooism, agi, black magic, or any other name, it is due to the fact that the person influenced, through his ignorance of psychic phenomena, has failed entirely to recognize the source of his trouble; or, recognizing its source,

has, through fear and natural negativeness, been specially receptive to it. Those who cultivate the disintegrative forms of mediumship, and those who naturally are negative to everything and everybody, and who have little mental or physical vigor, those who are swayed by every wind that blows; these are subject to injury by magic under any one of its various names.

But any person who has cultivated a reasonable control of his physical body and of his thoughts need not be injured by any form of inimical mental influence. He can recognize it when it is present by the sinking in the solar plexus, or the peculiar vibrations in his head or other part of his body. And when he recognizes such a condition he should turn his attention resolutely to some active employment of mind and body, keeping a firm, unbending, cold and positive frame of mind, and a serene confidence that he is master of himself and director of his own destiny. To think about and attempt to fight any such inimical force is to give it additional energy. But anyone who can resolutely turn his attention to some active work, and keep his mind positive and interested in the work he is doing, is quite immune from injury from any magical source.

Repelling Psychic Forces.—As already indicated, volume and potential of the electric energy generated have a bearing upon the ability of the individual to control himself and to control others. If an individual develops a lower potential than that which is developed in some section of his nervous system, either

through the impact of a thought sent to him, or through the impact of a sensory stimulus, such as hearing a sound, or feeling the jab of a needle; in the competition of electric currents, that developed under the impact, being the stronger, will gain attention from the brain, and if powerful enough also will exercise local control.

Furthermore, when an individual places himself in the mood, or state, to feel, either an external sound, or a thought-wave, he reduces the competition of electric currents, and tunes his nervous system, or some special section of it, to pick up the anticipated vibration. That is, mentally, he reverses the direction of electrical flow, giving predominance to the charges flowing to his brain from the sensory nerves or sympathetic nervous system. If his brain is alert and vigorous, and he retains the ability at any time to take control through generating a still higher electrical potential than those coming in, he is then said to be sensitive. But if his brain is not active enough to generate an electrical potential which enables him to prevent the electrical charges coming to it from registering, he is said to be negative to the external condition. And if this negativeness is sufficient, he loses the power to control his own thoughts and actions.

The organism of man is a bundle of habit system; and an individual, through practice, can greatly increase either his sensitiveness or his negativeness. And having established the habit of being sensitive or negative in a particular way, it requires but a

thought, or slight impact from without, to induce the state again.

It will be seen, however, that if the brain, and sympathetic nervous system and efferent nerves under its influence, develop electrical currents of sufficient volume and potential successfully to compete with those generated by impacts against the afferent nerves and sympathetic nervous system, that the thoughts of the individual then will be the only thoughts or impressions recognized by the brain, and he will retain complete control of his actions. Such is the normal state of affairs, in which most people, because the electric energies moving outward from the brain are more powerful than those that their nervous systems generate due to the thoughts of others which reach them, are unconscious of thoughts other than their own.

Whether the thought thus reaching him comes from some person on the three-dimensional plane, or from some entity on the four-dimensional plane, the principle is the same: If the individual is broadcasting, that is, if the brain and nerves it can reach, carry a higher potential than that generated in the nerves by the impact of thoughts coming from without, he is unaware of these thoughts. We then say the individual is too positive to perceive such thoughts.

To keep such a positive attitude, not only must the brain be in a somewhat forceful state, in which it is active enough to generate the required electrical potential, but the whole nervous system will be placed under a just perceptible tension, in which there is a

slight feeling as of pushing outward of the individual's forces, as if, which he is, he were radiating energy.

But in addition to being able to become positive at will, which is a great asset, both the healer and the person who is troubled with psychic forces, will find it of paramount importance to be able to select some line of thinking and hold it resolutely before the attention. The healer, while in the positive attitude, after establishing rapport with his patient, must be able to think the thoughts he wishes to send his patient, and thus because his potential is higher, convey them to the astral body of the one he treats. And the one troubled with psychic forces, must be able to hold in his consciousness, lines of thought of his own selection, and keep thinking about them with sufficient intensity that the electrical potential thus generated enables him to keep tuned to them, and thus automatically shuts away those generated by the impact of thoughts from without. So long as he generates electrical potentials that are higher, his own thoughts, in the competition between electrical currents, will be the only ones acquiring any influence. And if he is absorbed by his own thoughts, no thought force coming from the outside can even gain recognition.

To keep the thoughts tuned to some dry subject requires the overcoming of various resistances, which consumes electricity rapidly and leads to exhaustion. But if there is some recreation or other interest which easily arouses enthusiasm and pleasure, it will be easy

to hold the thoughts to it with a small expenditure of electrical energy. This whole matter of How To Direct The Thoughts is explained in lesson No. 64; so that here it only remains to point out that so long as the thoughts are rather completely occupied with one subject, this tunes the nervous system in on vibratory rates of a similar frequency, and, just as when one dials one station on a radio it cuts off the programs from other stations operating over a quite different frequency, so when one thoroughly tunes in on one train of thoughts, this effectually cuts off the reception of unrelated psychic forces and the thoughts of others, and they then have no influence. Therefore, to be free from any type of psychic persecution merely requires the development of the ability, as explained in lesson No. 64, positively to Direct one's thoughts.

This, it will be seen, is exactly the opposite training from that to become a disintegrative medium; for such a medium cultivates so low a brain potential that not only is he controlled by the electrical currents generated through the impact of the thought-forces of others against his nervous system, but under such training the brain potential becomes temporarily so low that it does not register what is happening upon objective consciousness.

Giving the Absent Treatment.—When the healer feels that the condition of rapport has satisfactorily been established between himself and his patient, he may then, after himself becoming positive while holding to the vibratory rate of his patient, start send-

ing him whatever thoughts he has decided upon as required for a cure. During this time he should visualize the patient in a perfect state of health.

It may be that he will decide what the patient most needs is not Mental Antidotes or Conversion, but the release of some Repression or the diversion of the energy of some Complex. He does not command, or coerce, or force the patient to any action or course of thinking. He merely talks to him in a positive manner, talks to the visualized image of the patient in perfect health, which means talking to him astrally, as if he were physically before him.

He explains to him, perhaps, that the events and conditions which built complexes into the astral body, have been exaggerated as to their importance, and that in reality they are rather insignificant. Or he talks to him about some repression, explaining it to the patient in precisely the same manner he would if he were physically present, telling him exactly through what channel to divert its energy so that it will no longer cause discord but will do some constructive work. The patient may not, and probably will not, be objectively aware of any part of this conversation, yet he will gradually begin consciously, as well as unconsciously, to view his past in a different way, and make the mental adjustments suggested by the healer.

As explained in lesson No. 95, both the physical cells and organs, and the thought-cells and thought structures, have an intelligence of their own. And the healer, in giving an absent treatment, can talk

to any of them which are not performing in the best manner, and tell them what they must do. If, for instance, through his diagnosis, he finds the stomach not behaving as it should, while in rapport with his patient he may visualize his stomach, and give it strong suggestion what results are desired from it.

But in thus interfering with the work of any organ, it is better to confine the suggestions given it, which may taken the form of forcefully asking it to do certain things, to the result expected. The heart, or intestines, or spleen, or other organ thus appealed to, knows far more about how to get the asked for result than the healer does; and if the healer tries to give it detail instructions, these are apt to be such that when followed by the organ give results different from those required.

Whatever the patient could do in the way of giving himself mental treatment, had he the skill and energy, can be done by another at a distance, providing the condition of rapport can be established, and the patient is willing thus to receive the treatment.

The healer can use the method of Conversion to alter the manner in which some group of thought-cells perform by taking a keen delight as possible in the appropriate thoughts, while in rapport with the patient, and visualizing the result desired. Or he can use the method of Mental Antidotes, by selecting the appropriate train of thoughts and, while in rapport with the patient, thinking them vividly and harmoniously in association with the department of life to be affected. But in such work he must be conscious not

merely of the thoughts and feelings, but also that he is imparting them to a certain region of the patient's astral body.

In such a manner, through changing the thought composition and thought structure of his patient's astral body, the healer can bring about a change also in the habitual thinking of his patient; for the condition of the physical health, the events which come into the life, and the type of thinking, all are expressions of the release of the desire energies of the thought-compounds which he has changed. And it is upon the changed habit of thinking the patient must depend to prevent a recurrence of the old affliction.

Such an absent treatment should last not less than five minutes after the condition of rapport has been attained. Usually twenty minutes will be long enough; and it is seldom advisable to continue the treatment over half an hour; for such work consumes much electric energy. One should never treat after beginning to feel exhausted. At the close of every treatment the mind should be polarized to an attitude of lofty, imperious, positive calm, breaking completely the rapport which during the whole time of treatment has been maintained with the patient. Then the healer, permitting no further thought of his patient, should immediately turn his attention positively to something else.

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